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The

# HERING QUARTERLY

Devoted to Hahnemannian Homeopathy.



E. B BECKWITH, M. D., Editor.

It is not lack of faith, but lack of knowledge that makes a man forsake the law in time of danger. DR. H. C. ALLEN.

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# The Hering Quarterly,

Devoted to Pure Hahnemannian Homeopathy

Vol. II.	Table of Contents For August.	Number 2
		PAGI
A Chart an	d Compass for the Prospective Student of M	fedicine. By
Paul	Pollach, M.D	29
The Single	Remedy. By J. S. Smith, M. D	38
Luck Score	s One Over Homoeopathy. By A. A. Pomp	oe, M. D 37
By Their F	ruits Ye Shall Know Them. By R. H. Far	ley 40
Editorial		46
New Public	cations	48
Personals		

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# The Hering Quarterly.

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NO. 2

# A CHART AND COMPASS FOR THE PROSPECTIVE STUDENT OF MEDICINE.

By Paul Pollach, M. D., D. D. Professor Ment.l and Nervous Diseases, Hering Medical College, Chicago, Ill.

The importance of selecting a proper calling in life can not be overestimated, because it certainly forms a principal and vital question for any young person to know in what direction his or her energies should be most appropriately and profitably spent. But even after having made a suitable choice, it is of the greatest consequence to find out, where and how to obtain the best and most efficient preparation for such a life work. An error in either of these points may turn out just as disastrous as a mistake in selecting the right routs, or as a failure in appointing the most expedient ways and means of transportation, if one is contemplating a journey

At the present time all privileged occupations and especially a professional calling, require a thorough preparation, and any mistake, committed from the start, or in the course of learning the methods and means, must necessarily involve a loss of time, of money and of expenditure of strength. The medical profession is perhaps more than any other, subject to this rule. While the social standing and emoluments attached to medicine, are the attractive features which draw many adepts into the temple of Esculapius, there are stern conditions, which must be fulfilled, before the honors and benefits can be reaped. A negligence in acquiring the best qualification for successful work has been exactly the fruitful cause of many a shipwreck for those who ventured to sail upon the sea of life in a defective boat.

The need for careful investigation grows still more

evident, when we consider that there is more than one school of medicine, which claims to stand on the pinnacle of progress. In law, in philosophy, in mathematics and in general in the positive sciences and arts the student is turned, as a rule, into a single path, which has met with a unanimous and well deserved approval. But in medicine a serious contention as to the methods and principles of healing diseases has occupied for the last hundred years the attention of the modern world, with the result of an establishment of separate medical creeds and schools. naturally believe in their own superiority of theory and of practice and the old school, which has adopted for itself the attribute and title of "the regular school," thus implicitly asserts that it teaches unquestionably the true doctrine. But in the last analysis dogmatism must yield to proof and all medical schools must fall or stand not upon pretenses, but upon the intrinsic merit of the systems which they advocate.

In the United States the constitutional spirit and superior wisdom of legislation, based upon the same, has deemed it unjust to sit in judgment on any school of medicine, but has left the final criticism to the evolution of science itself, regulating only those studies, which have been commonly recognized as the necessary accomplishment of all medical practitioners.

Hence before the law in America all students, who have complied with the requirements of the State Board of Health, become licensed practitioners of equal standing, irrespective of the school which they have chosen. It is left to the liberty and discretion of the prospective student to select his own school and to follow his convictions in the matter of therapeutics.

It would be perhaps presumptous and unfair to make the assertion in this article that in the old school of medicine a student can in nowise become equipped for the manifold duties of a physician. In anatomy, physiology, bacteriology, chemistry, surgery, and diagnosis, no school can find better and more capable teachers than those who are lecturing on these subjects in the old school colleges right here in Chicago. But the weight of my argument consists now in showing that with the knowledge of all these sciences a student will remain a poor physician, if he is unable to fight disease with appropriate means, if he has not been instructed in materia medica and if the therapeutic system which he has been taught, is largely composed of doubtful, imperfectly known drugs, and of empirical remedies.

In fact the physician may be the most learned scholar, the ablest diagnostician, the most skillful surgeon, but what of it, if science and diagnosis are not absolutely linked with discovering the right remedy in a given case of sickness and if surgery very often must remain a passive spectator of human suffering.

The supreme office of the physician, the one which will ever insure his success, is healing the sick and such an achievement must be therefore an integral part of every physicians highest ambition,

It is not sufficient to know that tuberculosis is caused by a special micro-organism or that a cancer is the morbid growth of degenerating cells. To the physician, not less than to the patient it leaves the problem of cure untouched. Hundreds of diseases could be here enumerated in which the most exhausive knowledge of pathology has given no clew and no essentially connected indication for the right remedy.

Now, reverting to the proposition above stated, that it would be presumptious to say that a student in an old school college of medicine can in no wise become equipped for the manifold duties of a physician, it is nevertheless a strictly truthful statement if I say that a student, educated and graduating in an old school college, nowadays looks upon the resources of his materia medica with distrustful eyes, and for all practical purposes begins the war against sickness as a skeptic who has little or no faith in medical agencies. The greatest authorities, which he has studied give only meager and unreliable information as to treatment, speak disparagingly of the old fashioned remedies, rendering the old pharmacopoeas almost obsolete and abandon the

student, as Dr. Osler does in his standard work, to a medical nihilism.

In old school text books you get the most accurate description of pathology, etiology and diagnosis of diseases, but in the paragraph of treatment, a few drugs of doubtful efficacy are barely mentioned or incidentally suggested. This situation was bound to come in this epoch where only scientific precision counts in the estimation of men, because the old school of medicine has no recognized law or rule of cure, whereby drugs may be administered in disease with a semblance of certainty. A general division of drugs into stimulants, irritants, narcotics, alteratives. sudorifics, cathartics, forms more or less the general acquaintance of the student with his materia medica. favorite prescriptions of some celebrated doctor, some clinically tested remedies, serum preparations, and physiological reagents are added to this list. An ever increasing number of elegant pharmaceutical products, thrown on the market, can hardly be counted as more than of empirical value.

In short, it is that self same condition against which Hahnemann protested more than one hundred years ago and which led him to the study and to the discovery of the law of similars, which as a new system of healing he called Homeopathy. The 'homeopath has at his disposition and for his guidance a law which demands that only such a medicine be given in a certain case of sickness which is capable of producing in the healthy a similar group of symptoms as the disease to be treated. Besides, the homeopath has at his command a collection of drugs, which are prepared in such a manner, that their dynamic virtue is more favorably developed and consequently he works with tools, which must become powerful in his hand, if rightly applied.

To teach the student the art of prescribing these medicines is the aim of all Homepathic Medical Schools. The prospective student might pause here and ask, why the majority of physicians today do not recognize the new school and the law of similars? The answer is not very difficult: One of

the greatest impediments against any revolutionary truth is a self-satisfied, reactionary conservatism. It is in the interest of thousands, professing certain existing and time honored doctrines, to maintain them intact against all innovations. Moreover a radical prejudice prevents the great masses of educated and uneducated people to become properly acquainted with a needed reform, and such a prejudice becomes a moral suicide, which hinders the light to penetrate into the dark places.

Besides, one of the most formidable obstacles against the spread of Homœpathy is the financial consideration, involved in the drug business. Hundreds of millions of dollars yearly expended in the civilized world for the foolish and excessive consumption of drugs which as an important source of wealth are highly prized and defended by those who profit thereby, and who consequently have no kind word to say in behalf of Homœpathy, which sweeps the largest portion of this noxious traffic out of existence.

But the truth is gradually dawning on the people and must ultimately conquer. Homoepathy does not call for tolerance or grace. It has always requested that those who do not believe or are prejudiced, may go and try it and give it a fair test.

In fact, Homepathy has stood an age long rigid test of comparative statistics in hospitals, clinics, and in private practice in all civilized countries of the world and its contingency is steadily increasing.

If therefore Homoepathy contains a truth and if this truth can be studied in the Homoepathic Medical Colleges, the prospective student should feel obliged to weigh the reasons carefully before entering any school.

Among the Homœpathic Colleges, Hering Medical College of Chicago not only claims to teach in a general way the Homœpathic Materia Medica, but for eighteen years has demonstrated to the world that a strict adherence to the law of similars constitutes a scientific method of cure. It was exactly the principal object for which Hering College was established, to protest against a dangerous spirit of indiffer.

ence, a spirit which had thrown many Homoepathic Colleges into a sort of apathy regarding the teaching and practice of the pure Materia Medica and which indeed rendered those colleges, Homopathic Colleges only by name. Hering College has not forgotten its mission. It continues and will continue so to teach and instill the Materia Medica, bequeathed to our school by many master minds, that the student must continously hear it and absorb it, as it were, from the very atmosphere. In short, it becomes almost impossible for any student to leave this college without taking with him an ability for prescribing and an enthusiasm for holding fast to the truth, that the law of similars is a law of cure. truth is constantly preached from every chair in the college when opportunity offers, and is abundantly exemplified in the clinics, which are daily held within the walls of the College. If these statements contain only a particle of truth, it would be worth while for any one, who wishes to devote his life to the study of medicine to carefully investigate the claims and the platform of Hering College and adopt it, regardless of all prejudices as the Alma Mater, who bestows upon her alumni not only a Diploma for diversified scientific studies, but aside from all other auxiliary sciences, teaches a rational art of healing.

The prospective student who waves his right and duty of investigation and neglects from any cause to look into the question of homoepathic therapeutics and its demonstrable merits, deprives himself of a potent source in treating the sick.

While the medical profession is crowded, there is still a demand for those who have mastered the Homœpathic art. They cannot fail to be successful in their work and in their business relations, because they are able to offer to the suffering classes something, which if rightly studied and applied will bring the desired relief.

### THE SINGLE REMEDY.

By J. S. SMITH, M. D., Kansas City, Mo.

Faith is as essential in medicine as in religion. The physician who has no faith in remedies, and yet gives them, who has no faith in The Law, and yet calls himself a Homeopath, is as thoroughly a hypocrite and imposter as the minister who has no faith in Christianity and yet preaches it and calls himself a Christian. They are both actuated by the same motive—the money in it.

But faith is not a mere abstract virtue, it is the holding true of something definite and acting accordingly. Faith without works is dead, being alone, says the apostle. Faith must hold a creed, and a creed is only a statement of what is held to be true. Twice two is four is a creed. It is an old maxim: The rule of faith is the rule of life. What we believe in our hearts we must show forth in our lives.

The creed of Homoeopathy is expressed in the formula, *Similia Similibus Curantur*, but this implies, of necessity, that the *similbus* is something as real as the *similia*. If disease is a reality, or the manifestation of a reality, that which cures it must be a reality.

It is always helpful to have a mental picture of what we are thinking about, and the clearer that picture the clearer will be our thought.

Vital force is as real as any other force in nature, e. g., gravitation, electricity.

Disease is the disturbance of vital force by some other force.

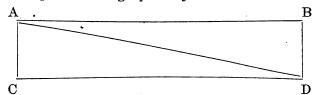
Remedies are forces, each remedy being a distinct force acting in a definite manner peculiar to itself. We are not to think of remedies as matter, but as force, the matter being but the vehicle, as the wire is the vehicle of the electricity.

Force can only be recognized by its effect on matter, the phenomena it produces, (symptoms).

The law is: Like cures like; a remedy which by virtue of the peculiar force it liberates produces certain effects (symptoms) in a healthy person, will correct (cure) the disturbed vital force (disease) which has made itself manifest by similar symptoms.

If we have faith in The Law we must give that particular remedy the symptoms of which are most similar to the symptoms of the patient, there can be no other remedy that will cure (not alleviate). Hence the necessary corollary to The Law, the Single Remedy. Combination or alternation of remedies is unscientific and cannot be indulged in if we really have faith in The Law.

Let us picture this graphically:



Let A B represent one group of symptoms produced by a remedy, and the length of the line indicate its force; let A C represent the group covered by another remedy and its force, for remedies act with different intensity or force. Now if these remedies are given in combination, or alternation which is practically the same thing, their effect cannot be produced along the lines A B or A C, but must, according to the well known law of resultant motion, be manifested along the diagonal of the parallelogram A D. Where D will be can only be guessed at, unless we know exactly the force of each remedy, which we cannot, and therefore any attempt at combining two or more remedies can, of necessity, be only guess work and hence unscientific.

The use of combined remedies can never be a homeopathic prescription except when they have been proved in combination and the prescription based on that proving. It would be impossible to deduce from any provings of Natrum Carb. and Muriatic Acid what would be the symptomatology of Natrum Mur., and it is equally impossible to deduce it with any other combination of remedies.

That results are obtained by combination and alternation, has nothing to do with the case. The prescription was guess work and unscientific. The doctor did not know what it would do; that it did good work was only good luck, or at

best, because he had combined so often that he had in mind, perhaps unconsciously, a proving of the combined remedies and prescribed on that.

Combination and alternation is the result of ignorance of Materia Medica. The physician does not know what is indicated and so takes chances on one or the other being right, or rather on the resultant covering the symptoms present. This was the reason the old allopaths combined a score of drugs in one prescription, one at least might hit themark. Why not? It was all guess work, and the more guesses the greater the chances on one being right. But homeopathic medicine is a science, it is based on The Law, and science to be science must be exact.

### LUCK SCORES ONE OVER HOMOEOPATHY.

By A. A. POMPE, M. D., Vancouver, Wash.

Last summer I was called to see a case of diarrhea or dysentery in an old lady; the symptoms when first seeing the case were as follows:

Diarrhea, stool runs from her like water.

Urging before and during stool.

Feels weak after stool.

Has no control of sphincter muscle.

Stool very offensive.

Hands and feet!cold.

Weak all over after stool.

Nausea after stool.

Stool < drinking.

Ars. 1m.

Next day not much better and continued.

During next few days there was not much change, but had now urging and no stool part of the time.

Griping and shuddering during stool.

Water tastes flat.

Little bloody mucous and slime with watery stool.

Face would have a red flush on it but no fever.

Gave Nux. vom after comparing several remedies in Bell's with the patient. Several times read the symptoms of

Rheum., but every time the patient would say: "That is not it."

Finally she got so that she could move the least bit without having to jump up with urging and maybe a little stool and maybe nothing would come.

Somehow could not find her remedy after trying several to no purpose and after the unusual long trial of two weeks was displaced by an Allopath here whom I heard helped her right away.

It made me feel pretty sore to have failed so radically and to have injured the good name of Homeopathy and my own reputation. As soon as I met my successor asked him what he gave the patient and said very deliberately and important: "I gave her some tablets I carry for such cases, composed of Ipecac and Rhubarb." (I suppose Abbots as he uses them.)

Well I said: "You stumbled on her remedy by luck. Rhubarb is what did it and you did it Homœopathically more so as the symptoms called for it, but I had repeatedly passed by it in favor other remedies. She was < from motion, and Rheum is especially indicated then." You bet next time when I have Rheum lease will know it. In this case however I had repeatedly turned to it and read the symptoms over to the patient asking if it agreed with her feelings etc., and was told "no."

A little over three years ago was called at 7 p. m. to a primepara 6 months along in labor pains, she was a young woman of 18, healthy and strong. Labor pains started in the small of back and came over forward to uterus, had commenced the day before at 3 p. m. and the peculiar symptoms was > from sitting up. I could not think what remedy had that symptom, but thought of Sabina on account of the other symptom and gave that, but to no purpose and at 1 a. m. delivered her after a very severe and painful labor, of a little live boy. We kept it warm and as soon as the ferry started across the Colombia I took it over to Portland in a market basket and put it in an incubator in one of the hospitals, to

give it a possible show for its life, but it died after two days.

Now, a year ago last winter I was called to same patient and found her in exactly the same condition except that they called me at 5 p. m., just two hours after the pains commenced (3 p. m.) Again pains > sitting up, and came now quickly and passed quickly; so remembering that Belladonna had headache and pains, > sitting up, and < 3 p. m., and with the sudden pains going and coming, I gave Belladonna m, one dose, and hurried to my office to consult my valuable Kent repertory and found with relief that I had hit the nail on the head. I returned to the patient and found her sound asleep; waited two hours after which she awoke feeling perfectly well and no more pains. I watched her off and on but found everything normal until about two weeks before the expected accouchement, when she complained of sleeplessness and pains in pelvic region, darting from side to Gave her a couple of powders of Cimic m, and told her that she would probably have an easy labor as this remedy had a great reputation to facilitate labor. She dreaded the event very much from her first experience, so what was her surprise when labor came on unexpectedly while she was alone in the house. She phoned to me at 1 p. m.; I hurried down on my bicycle and found her in severe labor pains, with all her clothes on, even shoes and stockings. I rushed out to one of the neighbors, and as luck would have it, found there an ex-nurse who came right over, but before we had the patient's clothes off the baby came with a "good gracious" from the mother. The child was perfectly healthy and never peeped on cried for months. Naturally I felt proud of having been instrumental with our beloved Homœopathy to have saved this beautiful baby. The same year saved another whose mother had twice been delivered at seven months. This the third time was stopped with Homcopathy, the others were lost under Allopathy.

The former patient had a step-daughter of seven years and the father asked me if I could give her some medicine to relieve her of a very offensive odor after stool; he said it permeated the whole house and was something awful. Stool was otherwise normal. One dose of Psor. stopped it at once.

## BY THEIR FRUITS YE SHALL KNOW THEM.

By R. H. FARLEY, '11.

The following correspondence embodies the arguments given by an old school physician in an endeavor to persuade a student to desert Homeopathy, and the answer by that student after a year's work at Hering Homeopathic Medical College, Chicago.

PHILADELPHIA, PA.

Dear Sir:-

I am writing this because of the friendly interest which I feel in you and your future, and hope you will take all advice which I may give in the spirit in which it is written.

As you know I studied under your father for one year before entering a medical school, and I must admit that I saw many cures made by him. He gave all the credit to the law, similia similibus curantur, which he made his guiding star. After his death I attended a homeopathic school for one year. This year so disgusted me with the fraud and delusion of that system that I decided to leave and attend an old school of medicine. While at Hahnemann, Philadelphia, I could see no difference in the practices of the two systems and I at least did not care to sail under false colors. If I was going to practice medicine at all I was going to do it without deceit. I would not practice Allopathy under the guise of Homeopathy. That is one charge I make against homeopaths. They do not practice what they preach.

Another charge is that this much vaunted law cannot hold water, for time and again I have tried to cure ivy poison with Rhus tox, and I would have done just as well by giving aqua distillata. You see the saying like cures like is false.

After I got into the schools and learned a little about scientific medicine and the wonderful strides that are being taken toward the elimination of disease, I blessed my lucky stars I escaped from that worn out fallacy, Homeopathy.

Homœopathy has served its purpose. The immense doses which used to be given have been lessened, and now Homœopathy, like all other well worn theories, must be shelved. It must die out. Nowhere do we see the homœopath making war on the mosquito; he opposes vaccination

which has stamped out the prevalence of small pox; he denounces antitoxin which has been proven again and again to be a wonderful advance from the old method of treatment. So it goes all down the line. Every real advance is being opposed by the homeopath.

Your father often accused the regulars of being so narrow that they would not investigate the principles of Homceopathy. Well, the regulars are ready to take up with anything that experience at hospitals and bedsides will show to be more effectual than what they now have.

If Homoeopathy were founded on law as is claimed by its disciples, why are there so few practicians compared to the vast array in the old school. That in itself is a mighty argument.

Once you asked me how I accounted for the many remarkable cures that your father made. I told you he made them by removing his patient's dope. Now I will add that his intense faith in his so-called law probably had as much to do with it.

Now I mean to give no offence by this letter and only write it with the kindliest of feelings, because I understand you are about to take up medicine. My hope is that you will be influenced to cast your lot upon the side that is doing so much for suffering humanity, and not lose yourself by electing a school that has served its purpose and is fast dying out. To be a homeopath is to be looked down upon by the rank and file of the profession and to lose the opportunity of becoming associated with such men as Cabot, Osler, Billings and Bevan.

Sincerely, M. B. L., M. D. PHILADELPHIA, PA.

Dear Doctor:-

I very much appreciate your letter and shall think very seriously over its contents. Unfortunately, I am unable to speak against your arguments at present through ignorance of Homœopathy, but a homœopathic friend advises me to give it the same test you did: i. e. attend a homœopathic school

for the first year. If at the end of this time I do not become convinced of its worth I can then change. I shall do this because I know how intensely father felt on the subject and I wish to see if he was right.

Sincerely yours,

X. Y. Z.

P. S. There will be a difference in our tests however, as I shall attend a school where the pure Homeopathy of Hahneman is taught and where I know the professors practice what they preach.

In the course of a year I will answer the arguments in your letter or "back down."

CHICAGO, ILL.

Dear Doctor:-

Well, I have completed the first year of my course, and will it surprise you to learn that I find Homeeopathy completely vindicted?

Lest you think it prejudice alone that guided me to my choice, I shall answer, to the best of my ability, the arguments you advanced in yours of a year ago.

In that letter you make the statement that the law similia similibus curautur is false and give as proof that you always failed to cure ivy poison with Rhus Tox. Well, doctor, of course you failed, and you failed just because you did not apply the law of similars. Had you studied your "Organon" a little harder, you would have known that a homeopath never pretends to cure a case of poisoning with another dose of that poison. Hahnemann states "That a remedy will cure the symtoms of the sick when they (the symptoms) are similar to those it is capable of producing on the healthy." He nowwhere says—give a man suffering from ivy poison, ivy, or arsenic, arsenic.

The reason you failed was because Rhus Tox, was not the similimum. Had you inquired into the symptoms carefully you would have found, that while many could be found under the provings of Rhus Tox., there were other symtoms that called for a different remedy. This is because all of his symptoms were not caused by the ivy. Some undoubtedly were, and had he been in a state of perfect health before he was poisoned you would have made a cure with Rhus. The flaw in your argument lies here, you prescribed on the eruption or for one symptom and not for the man. The man had more the matter with him than ivy poison.

In these days, of unhealthful and unnatural living we all have some hidden miasm lying latent in our systems, which when aroused is capable of producing many symptoms. The ivy acting on the system, partially aroused this force, and what you had to combat was not the ivy poison alone but the ivy poison plus a miasm. If instead of prescribing on one symtom you had done as Hahnemann directs and taken the totality of the symtoms for your guide in selecting the remedy you would have ended by praising instead of scoffing. You were like the poor cook, who wouldn't follow directions carefully and when the cake was a failure said the chef was wrong.

Again I say had you investigated what Hahnemann says in explanation of Nature's law of cure you would know that in his appendix to the "Organon" he shows how eighty remedies, then in greatest use in the schools could only have made cures because of their similarity to the case. If there was no law of cure would it not be a remarkable coincidence that eighty remedies should be able to cure cases very similar to other cases that they had caused? I shall state one concerning two remedial agents of which we know very little, the x-ray and the moon-ray: Dr. H. C. Allen of Chicago, Ill., had a very interesting and peculiar case in a young lady who could never go out in the moonlight without suffering from a very severe headache. He had never heard of anything of the sort before, but he knew that the x-ray would cause a somewhat similar headache, and he treated her with that. The result was a perfect cure and a grateful patient.

Now I quote this from "Across Widest Africa", Vol. II., by A. Henry Savage Landor:

"I, myself, who without protecting my head in any particular way, was never affected in the slightest degree by the rays of the sun, was always somewhat inconvenienced, especially when the moon was full, if I sat outside the tent without my hat. On one or two occasions when I neglected this precaution, I felt a peculiar sensation in the nape of my neck and very nearly dropped backwards; for two or three days afterwards, I experienced in my skull an uncomfortable sensation similar to that felt when parts of ones body have been exposed too long to the x-ray."

This is testimony from two men of entirely different walks of life who must have been thousands of miles apart. No one in his senses can fail to see the similarity. Dr. Allen prescribed the x-ray because he knew it was capable of producing a headache similar to the one that was troubling the young lady, when exposed to the moon's rays. Mr. Landor says, that the headache he experienced from sitting in the moonlight was similar to that produced by the x-ray.

You state that Homoeopathy has served its purpose and is now dying out. I beg leave to differ. Homoeopathy has served its purpose and will go on serving its purpose until the end of time. Its purpose is to heal the sick. never was so much Homoeopathy practiced as right now. It is not only practiced in homoeopathic ranks but in all ranks. Your most successful men practice it. What of Wright and What of vaccination and anti-toxin? Pasteur? All homeopathic. Then why on earth do we object to them? Simply because they are such crude methods of homoeopathic treat-You prescribe emperically for all cases and do not individualize. Why! You admit a mortality of 15 per cent in Diphtheria, but no honest homoeopathic treatment results so poorly. Then has your scientific medical treatment advanced so wonderfully?

In looking over an old record the other day I saw the mortality in cholera marked at between 60 and 80 per cent, that was from 1860 to 1870. In the Medical Record for March 21, 1908 the figures are still given as 60 to 80 per cent. In the sixties, Dr. Holcombe in one of the terrible cholera epidemics in the south lost but between 6 and 7 per cent, while his allopathic brethern in the same town, lost between

60 and 70 per cent. No, the homoeopath does not encourage the new fad treatments because he finds nothing that gives anywhere near the results he obtains by sticking to nature's law. From these figures does it not seem that father was about right in calling regulars narrow?

I have endeavored to show you that Homoeopathy is more successful at the bedside, but you will not believe. Not only will you not believe what I say, but you will not be led to investigate for yourself. Was father far wrong?

You want to know why Homoeopathy is so poorly represented in the profession? Well, that is the main reason. You will not believe and you will not investigate for yourself.

When Bessemer discovered a new and very superior process for making steel it took years of advertising and untiring effort for him to introduce it. Bell nearly starved before he could convince people of the value of the telephone, and so it goes. In order to institute a reform it takes unceasing and untiring push and advertisement. It is not ethical for a physician to advertise. If you want the mass of the people to profit by a good thing you must first cram it down their throats. Physicians must not cram as it is not ethical.

Yes, father was intense in his belief in the law and he was an enthusiastic worker for its advancement. Has it never occurred to you that such enthusiasm that lasts and grows through a busy doctor's life can only be instilled by a great truth? Do you meet with anything like it in any other school? Take the men you gave as examples of success in your school of treatment. Cabot and Osler are avowed skeptics as to the value of drugs in disease; and Billings, and Bevan are at the head of a movement for the treatment of pneumonia without medicine.

If at any time in this letter I have seemed to be harsh or in any way to write so that it would cause offense, please remember, that you were bold enough to make the statement, that Homoeopath was a fraud and that homoeopaths cured by keeping drugs from their patients and by faith and not by giving medicine, as they claim.

If at any time in my letter it would seem that I would detract from the glory of allopathy in the science of Hygiene I am sorry. Their vast success in stamping out disease, especially epidemic diseases, belongs to that field and not to therapeutics. That any one should quarrel with their brilliant advance in surgery is absurd. But in therapeutics that which was true a thousand years ago is just as true today and any system which is changing must be unscientific for science is truth and truth is stable. Would it not be strange if nature which has laws governing every other field should leave this one to chaos?

Sincerely yours,

X. Y. Z.

## Editorial.

### DR. J. A. TOMHAGEN RETURNS.

THE HERING QUARTERLY is pleased to be able to announce that Dr. J. A. Tomhagen who taught in Hering so satisfactorily for many years, at last has consented again to become a member of the teaching faculty and an active worker in the college.

The Doctor will conduct a clinic during the coming season, two hours a week.

The editor has not had the pleasure of attending Dr. Tomhagen's classes in the college, but from the reports that have come from many who have taken his instruction, we feel that he will be greatly appreciated by the students.

No doubt graduates of the college who are acquainted with the doctor and his work will be delighted to know that their Alma Mater is to be strengthened by so fine a man and one so universally liked.

### DR. E. H. PRATT'S FREE CLINIC.

Dr. E. H. Pratt will hold a clinic illustrating the advantages and wonderful results of his work in Orificial Surgery, in the main amphitheatre of Hering Medical College, from September 28 to October 2 inclusive from 9 to 12 a. m.

The date has been placed late so that every student could be present and have the full benefit of this unusual opportunity.

There are no fees for attendance and every doctor and every medical student is invited to be present.

"Each member of the class is invited to bring one or more cases to the clinic,—difficult cases and those in which the work formerly done has been a disappointment, are especially solicited. This is sufficient announcement to those who have attended previous classes.

The central idea of the clinic will be the circulation of the blood. As all pathology has its beginning in blood stasis, so the re-establishment of a good capillary circulation generally and locally is required to effect a cure in all cases. For reasons that will be abundantly illustrated during the week, orificial surgery is the measure of first and greatest importance."

Although some of these operations, as Coeliotomies, Hysterectomies, Lacerations of the Cervix, and the Clamp, English and American Operations, require more or less skill for their successful performance, much of the work is exceedingly simple, and can be done by any practitioner of medicine and surgery who deserves the title. The knowledge of Orificial surgery is such a valuable adjunct to an ordinary medical education that its principles and methods should be familiar with every doctor in active practice.

Orificial Surgery deserves the careful attention and study of the entire medical profession. Many of the cases will yield immediate response to the work and pass on, without the use of other measures, to a rapid and permanent recovery. Oftentimes, however, Orificial work will go no further than re-establishing a good capillary circulation and increasing the reactive power of the system, having to be followed by other remedial measures to effect a complete cure.

The general class will be divided into sub-classes of six, which will be received into the operating arena in rotation, thus giving each member of the class ample opportunity for

repeated close observation of the work. As all the operations are performed, however, in the presence of the entire class, every case comes under observation of all of the members.

Drs. C. E. Sayre and John M. Alford will assist in the operations. Dr. Anna Louise Bartholomew will administer anæsthetics.

It is hoped and expected that this clinic may be largely attended.

### NEW PUBLICATIONS.

SELF HELP FOR NERVOUS WOMEN. Familiar talks on Economy in Nervous Expenditure. By John K. Mitchell, M. D., Fellow of the College of Physicians of Philadelphia, Attending Physician to the Philadelphia Orthopædic Hospital and Infirmary for Nervous Diseases. Pp. 201. J. B. Lippincott Company, Philadelphia, Pa.

This little book is written for the benefit of those women who, by reason of neglect, monotony, or other easily remedied causes, are sinking into a rut with the consequent so-called nervous disorders. Women will find much advice of great value, and the physician may gain many useful hints from this interesting book that will help him out of many perplexing problems in his every day practice.

INTERNATIONAL HOMEOPATHIC MEDICAL DIRECTORY. London: Homeopathic Publishing Co., 12 Warwick Lane, E. C. Cloth, price 75 cents, postpaid.

The names and addresses of all homeopathic practicians are given for all the countries of the civilized world, except the United States, and the American list is largely in creased over previous issues, so that the little book is of real value to every homeopathist in any part of the world.

If your name is not there send them a postal card so that you may be included in the next issue.

One very interesting feature of the work is a calendar containing all the principal dates and events which have a bearing on Homoepathy.

THE BABY, Its Care and Development. For the Use of Mothers. By LeGrand Kerr, M. D., Author of "Diagnostics of the Diseases of Children," Professor of the Diseases of Children in the Brooklyn Post-Graduate Medical School; Attending Physician to the Children's Department of the Methodist Episcopal (Seney) Hospital; Visiting Physician to the Children's Wards of the Williamsburgh Hospital, and of the Swedish Hospital in Brooklyn. New York, etc. Illustrated. Pp. 149. Albert T. Huntington, Brooklyn, N. Y., 1909.

This book has been written with the view of giving that practical knowledge to mothers which will enable them intelligently to co-operate with the physician. The different subjects are arranged in chronological order so that they are easily turned to and a convenient memorandum added at the close. The young mother caring for her first child will be much gratified at the information to be obtained.

PRACTICAL PHYSIOLOGICAL CHEMISTRY. A Book Designed for Use in Courses in Practical Physiological Chemistry in Schools of Medicine and of Science. By Philip B. Hawk, M. S., Ph. D., Professor of Physiological Chemisty, in the University of Illinois, With two full page plates of Absorption Spectra in Colors; four additional full page plates and 126 figures, of which twelve are in colors. Second Edition, Revised and Enlarged. Philadelphia: P. Blakeston's Son & Co., 1012 Walnut St. 1909. Pp. 445, v. XVI. Price \$2.50 net.

It was a sense of pleasure rather than of duty that prompted me to make a careful examination of this work. It is a book of many merits and deserving of much appreciation. That the appreciation has not been wanting is shown by the fact that a second edition has been required in less than two years. The book is indeed well named, for in every sense of the word it is a practical volume.

In these days the actual necessity of presenting a thorough course in physiological chemistry in our medical schools is universally recognized. The desirability of presenting such a course in our universities is fully as well appreciated. Hence the demand for good text books on the subject is obvious, and as a matter of fact we have several

that are good. This book is exceptional, however, in combining an excellent text, written clearly and concisely and authoritatively, with a complete series of eminently practical experiments.

The experiments have been most happily chosen. They elucidate clearly the points they are intended to demonstrate. In addition to that they have the merit of being as simplified as the complex subject itself permits; therefore practically all can be readily performed by the student.

The author, however, has departed radically from the plan that has been previously followed by writers on physiological chemistry. As a result the subjet is presented in a far more logical manner; and hence is far better adapted for class-room use than the majority of text books on the subject.

The chapters on food stuffs and their digestion have benefitted in a noteworthy manner by the different treatment adopted.

A chapter on the examination of feces for purposes of diagnosis is happily included, since increasing importance is being attached to this branch of analysis.

Probably the majority of the illustrations shown appear in a text book for the first time. The many photo-micrographs of biochemic substances introduced into the book merit particular attention.

JOHN. F. ALFORD, B. S., M. D.

PRACTICAL DIETETICS, with Reference to Diet in Diseases. By Alida Francis Pattee, Special Lecturer at Bellevue, Mount Sinai, Hahnemann and the Flower Hospital Training Schools for Nurses, New York City; St. Vincent de Paul Pospital, Brockville, Ontario, Canada. Fifth Edition, Bound in Nurse's Gingham. Pp. 311. The Medical Council, 4105 Walnut St., Philadelphia, Pa., 1908. Price \$1.00.

This book has a lot of good things in it, and is good for the laity as well as for the nurses and the profession. It deals with diet from the hygienic standpoint.

It teaches the preparation of proper food for the sick

and convalescent, giving in detail the method of preparing and administering liquid, semi-liquid and solid food, and contains the diet lists and what to avoid in various diseases; also the proper diet for infants and childen as advised by leading physicians and hospitals of New York and Boston.

A MANUAL OF PRACTICAL OBSTETRICS. By Frederick W. Hamlin, M. D., Professor of Obstetrics, New York Homoeopathic Medical College and Hospital; Visiting Obstetrician to Hahnemann Hospital and Flower Hospital. Pp. 348. Price, bound in cloth, \$2.50 net. New York: Boericke & Runyon, 1908.

This is a thoroughly practical book, treating briefly but concisely of all the normal and abnormal conditions the practician is likely to meet. The therapeutic part of the work is of great value, as the indications of the appropriate remedies are given under the heading of the condition to be treated, except the "Therapeutics of Labor," which unfortunately is entirely omitted.

An alphabetical arrangement of the headings throughout the book makes it possible to turn at once to what you want. There is also a very complete index.

THE CHRONIC MIASMS: Vol. I. Psora and Pseudo-Psora. By J. Henry Allen, M. D., Author of Diseases and Therapeutics of the Skin, and Vol. II Sycosis. Published by the Author, 4712 Greenwood Ave., Chicago, 1908. Pp. 286

Samuel Hahnemann not only discovered the law similia similibus curantur, but he discovered the potency hidden in attenuated remedies, and then he classified the remedies according to their action upon the body, and the reaction of hereditary taints. These underlying taints or miasms seem to effect profoundly the health of the human organism, and according to the symptoms they produce in either the acute or the chronic form, were they separated into syphilis, sycosis and psora. Later psora was divided into psora and tuberculosis, or rather the tubercular diathesis.

Some remedies seem to be more especially adapted to

combatting syphilis, others sycosis, etc., and some may be indicated in more than one miasm, and any remedy may be indicated in any miasm, according to the totality of the symptoms.

When one is able to recognize the miasm, therefore, his knowledge is greatly increased. He can then know approximately what group of remedies to look to for help, how the constitution of the patient will react and so what prognosis to make.

Hahnemann's investigations of the miasms and miasmatic remedies covered a period of twelve years, and the results are embodied in the Chronic Diseases, on which this book, Psora and Pseudo-Psora, is a most helpful and enlightening commentary. It will well repay a careful reading.

DISEASES of the NERVOUS SYSTEM, By John Eastman Wilson, A. B., M. D. Professor of Diseases of the Nervous System, New York Homoeopathic Medical College and Flower Hospital, and in the New Medical College and Hospital for Women, Neurologist to the Flower Hospital, Women's Hospital, Hahnemann Hospital Laura Franklin Free Hospital for Children, St. Mary's Hospital, Passiac, N. J. and Consulting Neurologist to the State Hospital. Middletown, N. Y. Boericke & Runyon, New York, 1909. Pp. 499. Cloth \$3.50, Half Morocco \$4.50.

This is a compendium of the diseases of the Nervous System, based upon the author's conception of the needs of the student, and of the general practitioner of medicine. It presents, in reasonable detail, the accepted opinions of the etiology, pathology, symptoms and treatment of these diseases, and, in addition, such modifications as are suggested by the experience of the author, or are of such recent date, that they are yet to be found in current literature only. The author recognizes that the average practitioner does not profess an accurate knowledge of the normal or pathological anatomy of the nervous system, and therefore elemental statements, and frequent repetitions have been employed.

Treatment has been very fully described in all its forms, and while, in many instances, it has been necessary to point out the futility of all varieties of therapeutics, Homœopathic remedies have been given the prominence which experience has shown to be their due. The anatomy and pathology, of nervous structures is fully illustrated, largely by original drawings.

BACTERIAL FOOD POISONING. A Concise Exposition of the Etiology, Bacteriology, Pathology, Symptomatology Prophylaxis, and Treatment of so-called Ptomaine Poisoning by Prof. Dr. A.Dieudonné, Munich, Authorized Translation, Edited, with Additions, by Dr. Charles Frederick Bolduan, Bacteriologist, Research Laboratory, Department of Health, City of New York. 8vo, 128 Pages. Cloth, Prepaid, \$1.00 net. E. B. Treat & Co., Medical Publishers 241-243 West 23d Street New York.

Published less than a year ago, Prof. Dieudonné's manual on "Bacterial Food Poisoning" has already become known as one of the best presentations of the subject. In the present translation, the editor has incorporated descriptions of a number of recent outbreaks of food poisoning, elaborating upon the prophylaxis applicable to American conditions, and also going more fully into detail on the subject of treatment.

A GUIDE to the TWELVE TISSUE REMEDIES OF BIOCHEMISTRY. The Cell salts, Biochemic or Schuessler Remedies. By E. P. Anshutz, 91 pages. Cloth, 75 cents. Postage 5 cents. Philadelphia, Boericke & Tafel, 1909.

The book gives in very brief form the principles underlying the practice of Biochemistry "which is a higher, perhaps the highest, form of Chemistry, and should be so regarded by the Practitioner."

It also explains the therapeutics of each of the twelve tissue salts; and the indications for their application. "Pathology, and a true reading of the meaning of the signs, or symptoms, of the disease, must be the guide to a true biochemic prescription."

POCKET MANUAL OF HOMEOPATHIC MATERIA MEDICA, comprising the Characteristic and Guiding Symtoms of all remedies, by William Boericke, M. D. Fourth Edition revised and enlarged with the addition of a Repertory by Oscar E Boericke, A. B., M. D. Published by Boericke & Runyon, New York, 1909. Pp. 981, Price \$3.50 Postpaid.

This is one of the most complete and comprehensive little books we know of on the subject of Materia Medica. The leading indications are given for all known, proven, remedies, placing within easy reach much information not otherwise available without much effort.

The Repertory part is very much condensed, yet it is surprisingly complete when one becomes familiar with it.

#### PERSONALS.

Dr. and Mrs. Robert N. Morris are spending the summer in Europe, visiting friends and Homœopaths in London, Paris, Vienna, Rome and Berlin.

Dr. Elizabeth Whitaker is interne at the Southern Womens Homœopathic Hospital, Philadelphia.

Dr. Bertram Johnson is resident physician at the Womens Hospital, Philadelphia.

Dr. Gertrude Dobson has been elected Dispensary Physician and Clerk at Hering Medical College.

Dr. Constantine S. Krysinski has located in Chicago, and has been elected demonstrator in Histology at Hering Medical College.

Dr. Hilmar C. Schmidt has returned to Chicago to take up the practice of medicine, and has been elected demon strator in Anatomy at Hering.

Miss Mary J. Parker is externe at the Massachusetts Homœpathic Hospital, in Boston.

Dr. R. O. Howard has taken up the practice of Medicine at Winfield, Kan.

The Children's Homepathic Hospital, of Philadelphia, made it necessary this year that every applicant for an Interneship must be a graduate of Hering Medical College. The three chosen were Drs. Archie S. Byle, J. A. Stefanski,

and F. B. Schroeder. A special Pathological laboratory has been fitted for their use.

At the annual meeting of the Ontario Medical Council, Dr. E. A. Patrick Hardy, of Spadina Avenue, was elected President.

Dr. Hardy is a Brantford boy, the youngest son of the late Hon. A. S. Hardy, formerly Premier of Ontario. He received his early education in the Brantford schools and then proceed to Toronto University. From there he went to Hering College, Chicago, where he was one of the foremost homoeopaths of the continent. He graduated with high honors and returning to Toronto was in Grace Hospital for a year or so and started practice on Spadina Avenue. He is perhaps the first homoeopath that has ever been elected President of the Ontario Council—the highest honor in the gift of the medical profession. Many Brantford friends will extend to Dr. Hardy heartiest congratulations.

The Conrier, Barntford, Ont., July 7, 1909.

Dr. Thomas G. Roberts spent the month of July in New England, attending the celebration of the 300th Annivisery of the discovery of Lake Champlain, and then after visiting the place of his birth in Vermont, spent some time at Old Orchard Beach, Maine. The doctor returned home in very much improved health.

Dr. C. Edward Sayre has had two Caesarian Sections recently at the Chicago Homœpathic Hospital. He succeded in each case in saving both mother and child.

Lancaster, Pa. Aug. 1, '09. E. B. Beckwith M. D. Dear Doctor:

Enclosed please find one dollar in stamps in payment of the Hering Quarterly to June, 1910.—I have received the numbers you sent to my address, and read them with pleasure, as most of the articles breathe the true spirit of Homœopathy. I should have acknowledged their receipt and apologize for not having done so.

I am an old man, and practically out of practice, but I am glad to say that I have always stuck to my colors and

practiced according to the principles laid down in the Organon of Hahnemann.

Homeograthy is not a lazy man's profession, as you will find, but its results are worth *all* they cost.

Wishing your journal abundant success, and Hering College a career of prosperity, and usefulness.

I remain sincerely and Fraternally yours.

M. D.

Dr. E. H. Pratt has spent the summer on his ranch at Wenatchee, Washington, and has done some fine operating in the neighboring cities.

Dr. Anna Louise Bartholomew has been in charge of Dr. Pratt's practice while he was away.

REPARE FOR DR. PRATT'S CLINIC by reading the REPORT of the LAST SEPTEMBER COURSE, which makes a book of 300 pages, octavo, cloth bound. This work serves as a text-book. because in it Dr. Pratt, the discoverer of the Orificial Philosophy, elucidates all the principles of Orificial Surgery, recognized as one of the greatest of all therapeutic measures in the treatment of chronic diseases, and yet so simple as to be within the reach of every practitioner. Price postpaid, \$5.00. Address the publisher, NANETTA McCALL, Chamber of Commerce, Chicago.

A Word to the Busy Doctor. If you are too busy, to work your chronic cases out by the repertory, or have never been taught how to do so, send the symptoms to me and I will do the work for you, telling you the remedies that stand first, second and third for the symptoms you may send. To make a successful prescription it is necessary to know: 1st. The agg. and amel. 2nd. Peculiar, uncommon, characteristic symptoms. 3d. The history of the patient and the family history and all that pertains to the case or patient. Price \$1.00 a case to begin with. I took four years in Hering College, but deafness has limited me in practice. Give me a trial case. Elliott Campbell, '05, 4141 Indiana Ave., Chicago, Ill.

## FOR SALE.

#### Medical Library of the Late N. J. Aylesworth.

Repertory of Hering's Guiding Symptoms of our Materia Medica, 1897, by Knerr, in perfect condition, not even soiled, \$6.00.

Practice of Medicines by H. B. Arndt, M. D., 1899, in perfect condition, not even soiled, \$6.50.

General Symptom Register of the Homoeopathic Materia Medica, by Timothy F. Allen, M. D., Half Morocco, in perfect condition, not even soiled, \$8.00.

Text Book of Materia Medica and Therapeutics, by A. C. Coperthwaite, M. D., 1905, in perfect condition, not even soiled, \$6.50.

Condensed Materia Medica, by C. Hering, 1894, in perfect condition, not even soiled.

Condensed Materia Medica, by U. Hering, 1894, in perfect condition, not even soiled,

\$4.00.

Gross Comparative Materia Medica, by Constantine Hering, 1867, slightly solled but otherwise in perfect condition, \$3 00.

Special Pathology and Diagnostics with Therapeutic Hints, by C. G. Raue, M. D., 1879, slightly solled, but otherwise in perfect condition, \$2 50

Practical Homoeopathic Therapeutics, by W. A. Dewey. M. D., in perfect condition, not even soiled, \$1.75.

A Manual of Materia Medica Therapeutics and Pharmacology with Olinical Index, by A. L. Blackwood, M. D., 1906, in perfect condition, not even soiled. \$2.50.

The Homoeopathic Therapeutics of Diarrhea, by James B. Bell, M. D., 1907, in perfect condition, not even soiled, \$1.00.

Organon of Medicine, by Samuel Hahnemann, translated by R. E. Dudgeon, M. D., 1906, in perfect condition, not even soiled, \$1.00.

The Tweive Tissue Remedies of Schussier, by William Boericke and W. A. Dewey, 1899, in perfect condition, not even soiled, \$1.75.

Uric Acid as a Factor in the Causation of Disease, by Alexander Haig, 1892, in good condition, \$1.00.

Condition, \$1.00.

Foods and Dieteries. A Manuel of Clinical Diatetics, by R W. Burnett, 1891, in splendid condition, 75c.

A Practical Treatise on Nervous Exhaustion, by A. D. Rockwell, 1888, in splendid

A Practical Treatise on Nervous Exhaustion, by A. D. Modern, 1900.

A Homoeopathic Treatise on the Diseases of Children, by Adolph Teste, in good condition but somewhat soiled 75c.

Diphtheria, its Cause, Nature and Treatment, by Rollin R. Gregg, 1860, in good condition but somewhat soiled, 25c.

A Treatise on Gout, by Sir Duyce Duckworth, 1890, 476 pages, in first class-condition, 25 50 50

Homoeopathic Therapeutics of Diarrhoea, by James B. Bell, 1875, in good condition but slightly soiled, 25c.

A Treatise on Rheumatism and Rheumatoid Arthritis, by Archibald E. Garrod, 1890, in first class condition, \$2 50.

Familiar Forms of Nervous Diseases, by M. Allen Starr, 1890, 339 pages, in first-class condition, \$1.00.

Medical Diagnosis with Special Reference to Practical Medicine, a guide to the knowledge and discrimination of disease, by J. M. DeCosta, 1878, 835 pages, in

Rnowledge and discrimination of disease, by J, M. Decosta, 1878, 835 pages, in first-class condition, \$2.00.

Sexual Neurasthenia its Hygiene Causes, Symptoms and Treatment, with a chapter on diet for the nervous, by George N, Beard, edited by A. D. Rockwell. 1888, in good condition but somewhat soi ed. \$1.25.

Anatomy, Discriptive and Surgical, by Henry Gray, 983 pages, 1898, in splendid condition, \$4.50.

condition, \$4.50.

Jahr's New Manual, two volumes, 1848, by Charles Julian Hompel, or Symptomen Oodex, in two volumes I-II, good binding but soiled, \$10.00 each.

Hand Book of Materia Medica and Homoeopathic Therapeutics, by Timothy Field Aller, M. D., 1889 in perfect condition, not even soiled, \$10.00.

Mr. Aylesworth was not a physician, but bought these books for the study of Homoeopathic Materia Medica just for the love of it. They are in good condition. They have been used but very little as most of them were purchased only a short time before Mr. Aylesworth's death. They will be sold at a reasonable price, which will give a fine opportunity to start a library or add to what you already have. These books will be sold to gether or separately, as the purchaser desires.

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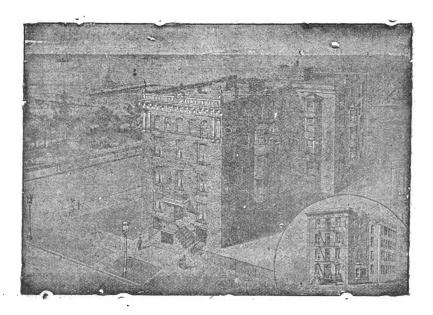
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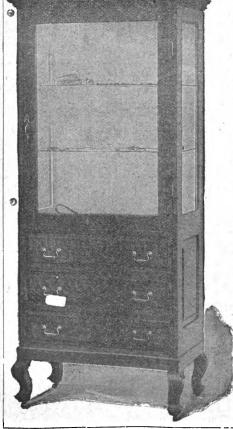
A hospital, in short, where all means for accurate diagnosis and scientific treatment are afforded for the alleviation and cure of disease.

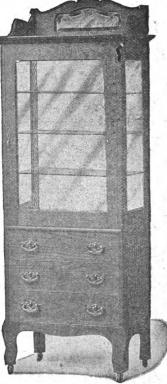
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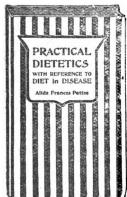
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# Hering Medical College.

## TO THE HOMEOPATHIC PROFESSION.

AHNEMANN says: "The physician's high and only mission is to cure the sick." His highest ambition should be to perfect the Science of Therapeutics by which this end may be most surely attained. Anatomy, Bacteriology, Chemistry, Histology, Physiology and Pathology, are much more thoroughly taught than they were twenty-five years ago; why not teach a better Homeopathy and keep it abreast with all scientific progress? Why not make it in fact, as in name, the Science of Therapeutics?

Why not teach the student how to select the single remedy and how to use it when selected, in both acute and chronic diseases, so that he need not alternate or use combination tablets? If he is taught how to find the remedy he will never resort to polypharmacy; he can do much better with his own science.

Why not teach him how to cure appendicitis without surgery; diphtheria without anti-toxin; ague without quinine; gonorrhea and syphilis without constitutional sequelæ; and consumption without change of climate? Homeopathy, correctly applied, will not only do all this in all curable cases, but it will greatly reduce the present mortality rates in all diseases.

Why not teach the student how to eradicate the so-called inheritances of tuberculosis, cancer, gout, etc., etc., and thus improve the health and increase the long vity of the race? Why not teach true prophylaxis for all diseases, acute, epidemic and hereditary?

Hering Medical College will teach your students how to do this work and enable them to successfully take up the burden when you lay it down.

The best there is in Homeopathy is none too good for your students; they should begin where you leave off, not where you began.

Address

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