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The Hering quarterly

The Hering Quarterly.

Devoted to Pure Hahnemannian Homeopathy

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Business communications should be sent to the publisher, James E. Forrest, Batavia, Ill.

Contributions, exchanges, books for review and all other communications should be addressed to the editor, E. B. Beckwith, M. D., 72 Madison Street, Chicago, Illinois.

Entered at Batavia, Ill., Post Office as Second-Class Matter.



*"A guid New Year to yin an' a',
An' many may ye see,
An' durin' a' the year tae come
Oh, happy may ye be."*

The Hering Quarterly.

VOL. I.

BATAVIA, ILL., FEBRUARY, 1909.

NO. 4

Editorial.

DR. HENRY C. ALLEN.

The announcement of the death of Dr. H. C. Allen, on Friday, January 22d, caused profound sorrow.

For a week or so, Dr. Allen had complained of a little tension in the region of his heart, but apparently did not at first consider it a serious matter. During that last two weeks, however, he had been very busy with unusually severe cases. One confinement case went into eclampsia; another had to be rushed to the hospital for Cæsarian Section, and so on.

All this, with frequent breaking of his rest at night, and the responsibility of the College, would have taxed very seriously the strength of many a younger man.

On Friday, January 22d, he was too busy to stop for lunch, but took merely a cup of chocolate, and went on with his work. He visited the College about 5 p. m., and after prescribing for his cases in the hospital next door, went to his home. On the way, he said that he was unusually weary. When he arrived at home about 6 p. m. a patient was waiting.

After making, with his usual care and deliberation, the final prescription, he lay down upon the couch, called his family about him, and told them of the pain in his heart.

Help was summoned, but in a few minutes he became unconscious, and at 6:45 he ceased to breathe.

He made no murmur, no complaint, though he evidently understood, when he sought his couch, that the Dread Messenger awaited him.

Dr. Ernest J. Schenck, an associate of Dr. Allen's, and now in his 47th year of practice, has observed that the character of a man's inward life is typified by the manner of his death. The serene, tranquil and noble manner of Dr. Allen's death, would seem to verify this idea.

Had Bryant known the life of Dr. Allen, he could no more fittingly have described the end, than he did when he said:

“So live, that when thy summons comes to join
 The innumerable caravan, which moves
 To that mysterious realm, where each shall take
 His chamber in the silent halls of death,
 Thou go not, like the quarry-slave at night,
 Scourged to his dungeon, but, sustained and soothed
 By an unfaltering trust, approach thy grave,
 Like one who wraps the drapery of his couch
 About him, and lies down to pleasant dreams.”

Dr. Allen's death is full of significance in many directions. The cause of Homeopathy has sustained a mighty loss. Now that Homeopathy is well and favorably known, its practice requires but little courage. In the early days, however, when Dr. Allen took his stand for the only known therapeutic law, there were few who called themselves homeopaths. He proved to the world that a man had come, worthy of the cause he championed. Emerson has said:

“It is easy in the world to live after the world's opinions; it is easy in solitude to live after our own; but the Great Man is he who in the midst of the crowd keeps with perfect sweetness the independence of solitude.”

Dr. Allen not only “kept with perfect sweetness the independence of solitude,” but more. He led the crowd to his way of thinking, partly by the results of his prescribing, more by the beauty of his own individual life. Such men are rare. Happy they, who associate with them and recognize and emulate their true greatness of character.

Serious is the significance of this event to Hering Homeopathic College. Dr. Allen was one of the founders of this College, which for years has had the distinction

of being the only one in the world, teaching from every chair, and exemplifying in every clinic, the one law of cure, *similia similibus curantur*. From this law Dr. Allen never swerved. Sometimes one of the college graduates would become weak-kneed and drop from his high calling as a defender of the law, into the much easier practice of mixtures and combination tablets, but Dr. Allen had no criticism. He only said, "It is not lack of faith that makes a man forsake the law in time of danger, but lack of knowledge." What more need be said?

The only verified statement of Socrates is: "Knowledge is virtue." That was sufficient to perpetuate his memory for 2500 years.

One day, in talking with Dr. Roberts, Dr. Allen exclaimed: "It takes a great deal to make a man." He was qualified to say that. He was a man. Not only that, but he had the keenness of perception which enabled him to recognize a man. This explains the ease with which he surrounded himself with men of high character, thus enabling him to exert a unique influence in the placing of men in other institutions than Hering.

To the doctors, and members of the faculty of Hering, and to the students and patients who were privileged to meet Dr. Allen freely, the loss is irreparable. Only after he was taken away did we begin to realize how large a place he had held in our hearts and in our daily lives. Now we must stand alone, or fall. After knowing him intimately, after hearing his lectures in college, after being healed almost miraculously by his prescription, one need not fall.

When he was here we could tell him how helpful he was. Now we can only demonstrate his helpfulness by proving our knowledge of the law, for it is "not lack of faith, but lack of knowledge that makes a man forsake the law in time of danger."

For years we had him to lean upon, and many there be who leaned heavily. Now, the work he so bravely and so silently supported, is calling for men, for brains and for money. Let them who loved Dr. Allen and were themselves

helped and ennobled by his teaching and example, come forward.

BIOGRAPHICAL NOTE.

"Dr. Henry C. Allen, was a descendant of that distinguished family of Vermonters which produced General Ira Allen and his brother Ethan Allen, of revolutionary fame.

"Henry C. Allen was born in Canada Oct. 2, 1836. His early education was received in London, Canada, and his medical education in the College of Physicians and Surgeons, Ontario, and the Cleveland Homeopathic College, graduating from the latter in 1861.

"From 1861 to 1865 Dr. Allen served the Union soldiers at the front, in the hospitals or wherever needed, as a "contract surgeon." From that date he engaged in the practice of medicine, but took the time to teach anatomy, first at his Alma Mater, then at Hahnemann Medical College, of Chicago. Later, from 1880 to 1885, he was professor Materia Medica and Clinical Medicine in the homeopathic department of the University of Michigan. In 1892 he assisted in founding Hering Homeopathic College and Hospital, of Chicago, and since that time has occupied the chair of Materia Medica.

"Dr. Allen was a member of the American Institute of Homeopathy, the International Hahnemannian Association, the Homeopathic Medical Society of the State of Illinois, the Chicago Regular Homeopathic Society, and honorary member of the New York, Pennsylvania, Ohio and Michigan state Homeopathic Societies.

"Dr. Allen was daily at his desk at 4 a. m., and spent his early morning hours in writing. Probably his greatest book is "Intermittent Fevers," which is a classic and invaluable to every true homeopath. This was followed by "Therapeutics of Fevers," and "Therapeutics of Consumption," both exhaustive works; and "Key Notes of Leading Remedies," which has just been placed on the "Council List of Books for use in the Canadian Medical Colleges. He has lately revised "Bönnighausen's Repertory," which he brought up to date and arranged for rapid and practical work."

When Dr. Allen proposed to his publisher, Mr. Forrest, that they bring out the "Bönninghausen's Repertory," Mr. Forrest remonstrated. "Why, Dr. Allen," said he, "that would be a life work for a younger man than you. You would never finish the work." Whereupon Dr. Allen answered: "I promise you, Mr. Forrest, that I will live to complete the work."

The work was actually finished only a short time before Christmas.

Dr. Allen's very latest literary work was on the "Symptomatology of the Nosodes," the final proofs of which he corrected just a few days before his active work ceased. For twenty-five years, he told me, he had been proving and conforming the symptomatology of some of the nosodes, and his observations are there published for the first time. He probably put more thought and real work into this book than into any of the others.

E. B. BECKWITH, M. D.

SOME OF THE MANY WORDS OF APPRECIATION OF DR. ALLEN.

C. EDWARD SAYRE, M. D.

In the passing away of our beloved Dean, Dr. H. C. Allen, the homeopathic profession has lost its brightest light in Chicago, if not in the world, and Hering College her strongest support. He was the father of Hering, and was like a father to all her graduates. If ever we were "stuck" in trying to find "the remedy" we could call on Dr. Allen and his kindly advice was always ready, and I believe that almost every graduate of Hering has called on him for help and received it.

I had done a Cæsarian Section for him the day before his death, and his last visit was made to this patient about five o'clock on the day he died. He called me up as soon as he reached home, a few minutes before six and after talking about the patient, he said: "I wish you could come out and see me this evening and examine my chest, I had a peculiar pain in my chest when I got to the elevated station and had

to sit down before going up stairs; and when I reached home after walking from the Illinois Central station I had another attack." I replied that I would come out at once, but he said: "No wait until after your office hour, there is nothing urgent about it, but I do not like it." I then said that I would come out right after dinner. Shortly after six o'clock his son called me up and asked me to come at once, saying: "Father is very sick, take a cab." I hurried out and found him unconscious, pulseless, no heart-beat could be felt, but it could be heard faintly with a stethoscope.

Dr. Hobson had reached him before me and had given Cactus, but he was beyond human aid.

Another attack must have come on soon after calling me up, for he asked the servant to call his wife and daughter. Evidently he felt that the end was coming, for his wife says that he never called her before, and when they entered the office he asked for cactus; in a few minutes he said he felt better. Then he asked his son-in-law who had come in, to raise him up. He took a few deep breaths and became unconscious.

Thus passed away one of the most kindly men, never an ill word for any one, always hopeful, always looking at the bright side, and the most indefatigable worker that I ever knew. Though past seventy-two, few men in the prime of life could do as much work. While taking care of an enormous practice, he edited the *Medical Advance*, and revised and completed Bönninghausen's "Slip Repertory," giving us the most valuable aid to finding "the remedy" yet produced.

He passed away as he would have chosen. I have heard him say that he would like to "die in the harness," and he worked at his beloved profession up to the last minute.

E. A. TAYLOR, M. D.

In the death of Dr. Henry C. Allen the world has lost one of its noblest characters, the profession one of its staunchest supporters, and we personally have lost one who was our preceptor, our adviser and our true friend. He

was a genial, gentle, generous and just man, possessing that simplicity of manner which always accompanies true greatness. He was too earnest to be ostentatious, too dignified for display. He was a zealous, honest and sincere man who never pandered to the whims of a prevailing prejudice or attempted to float with the tide of popular opinion, but was ever firm and steadfast in his devotion to what he believed to be true and right. He prized the approval of his conscience more than the plaudits of the throng, and sought honor in the consciousness of doing good. We never asked about his religion or sought the secret of his sect or creed. In his daily life we saw the sanctity of sympathy and the holiness of helpfulness. He accepted all the good of all the creeds and crowned it with a cross wrought out of the divinity of deeds.

For nearly half a century he taught and practiced the methods of Hahnemann—the science of therapeutics—and no man living has done more for the propagandism of Homeopathy than Dr. Henry C. Allen. His work on fevers is one of the classics of our school, while the influence of his splendid work as editor of the *MEDICAL ADVANCE* will be felt for ages wherever Homeopathy is known.

He was the most unselfish man we ever knew living for a purpose, devoted to an ideal, he never faltered, never failed but pursued the path of duty with unflagging energy to the very last day. Then when the day's work was done and the twilight came he lay down beneath the mantle of his merit and closed his eyes in the dream of death.

He was the most unselfish man we ever knew, kind and generous to all. It might well be said of him as has been said of another "If every one for whom he did a kind act were to bring a blossom to his grave he would sleep to-night beneath a wilderness of flowers." The memory of his life is a sweet inspiration to nobler acts and higher aims.

Sadly, reluctantly we say farewell and turn from the tragedy of the tomb to mingle with men and their methods upon the great highway of life; but trickling down through the years with our triumphs and our tears all the days of our life there will come to us like the sweet incense of some

sacred altar, tender memories of the dear departed, of the man who was ever so hopeful and helpful, generous and just, of the life that was sweet and pure as the perfume of a flower; and looking down the thorough-fare of life to the mystic portal which terminates its close, hope mounting like a star in the firmament of grace tells us that in the great realm of progress beyond the grave we shall meet our loved and loving colleague and friend Dr. Henry C. Allen.

THOMAS G. ROBERTS.

The death of Dr. Henry C. Allen was a great shock to me, as it was to all who were acquainted with him. I knew him somewhat intimately for more than fourteen years and during the last three and a half years had office hours in the same room that he occupied, my hours just preceding his. I met him several times every week and always found him affable and companionable.

A remarkable character has left us. Homeopathy has lost one of her strongest and most consistent advocates. As you all know he was thoroughly imbued with the spirit of Hahnemann. The Organon was to him a medical bible. His whole soul was in the work of practicing and teaching pure Homeopathy. In fact he gave his life for homeopathy. Few realize the amount and value of his work. No burden was too heavy for him to carry. He was ever ready to sacrifice time, money and needed rest, to help the cause that was so dear to his heart. He was always ready to help a professional brother out of his therapeutic difficulties. He was always at work. Few had the strength to do so much work. His life shows the power of profound convictions. Nothing could shake his belief in the truths of Homeopathy. No abuse or ridicule could cause him to swerve in the least from what he regarded as the truth. His whole heart and consistent devotion to the truths of Homeopathy was one of the grand characteristics of the man.

It is needless to say that his intellectual ability was of a high order. To those who were the best acquainted with him his unselfishness was perhaps his most prominent char-

acteristic. He sacrificed everything that most men think necessary to make life worth living, in order to help the cause of Homeopathy. Dr. Allen was loved for his sacrifices. We care little for the death of men who have lived for self alone. The heart of the world is drawn to those who suffer to make mankind wiser, better and consequently happier.

Dr. Allen was a clear-headed, unselfish champion of Homeopathy and we fear it will be a long time before we shall see his equal.

PAUL POLLACH, M. D.

With a gentle finger the angle of death touched the temple-gate of the old pilgrim-soul on earth, lovingly bending over the weary wanderer, and behold—Dr. H. C. Allen passed suddenly from this life into the great beyond!

A great and good man has taken his flight forever. Great, because his life was dedicated to the service of his fellow-men; good, because his whole ambition was centered in the pursuit and defense of truth.

It has been said, and often repeated, that no man is necessary in this world. This is true in one sense, but wrong in another sense. The work which one man is doing, might probably never be accomplished by another man. The real value of a man can indeed, as a rule, be only then clearly and fully appreciated, when the spirit, which governed the busy hands has gone to his eternal reward, especially when the work was done in a silent and unpretentious way. This indelible mark of true greatness characterized in a high degree the entire life work of the late Dr. Allen. As a man, as a physician, as a teacher, as a writer and as founder and dean of Hering Medical College his entire conversation, his extraordinary skill, his method of learning and his untiring energy were displayed in that calm, cheerful and unostentatious manner, which rendered his presence and his labor a blessing to all with whom he came in contact.

He is not gone; he cannot be lamented; he is not to be mourned as one whose vestiges have forever vanished. We look back, and instead of the sad recollection of death, the

refreshing memory of a gentle spirit rises before our eyes. He lives and the immortal ideals, to which his soul was fervently devoted and which formed the delight of his restless heart, will cherish his name and surround it with the halo of their imperishable light.

Not a vain glory, but the abiding rock of truth formed his desire. I remember, in what touching and appropriate accents, at the banquet given in his honor on his seventieth birthday, October the second, 1906, he seemed to pour out his soul in the verses of this poem, which he himself recited:

“Why need I the praise of a love-written record,
The name and the epitaph graved on the stone?
The things we have lived for, let them be our story;
Let us all be remembered by what we have done.

I need not be missed if another succeed me,
To reap the ripe fields, which in spring I have sown;
He who plowed and who sowed is not missed by the reaper;
Each one is remembered by what he has done.

Not myself, but the truth that in life I have spoken;
Not myself, but the seed, that in life I have sown,
Shall pass on to the ages, all about me forgotten;
Save the truths I have spoken, the things I have done.’

Truth he spoke, truth he loved, and the things he has done will live forever.

It is impossible that the passionate and patient work in behalf of a pure, scientific and philosophical healing-art should perish and leave no lasting trace of his foot prints on the infinite shores of truth. To him the law of healing, discovered by the genius of Hahnemann, served as an unerring guide, pointing to the path, which the conscientious physician must travel, and ever after, his life was spent in promulgating what he believed to be a salvation to mankind from the ills of the flesh.

Is it possible that the thousands who sat at his feet, should cease to transmit the spark which will kindle the flame, as long as the flame will be needed and will have to be kept burning at the altar of suffering humanity?

The hand has dropped the pen, but the pages will last forever and while the body sleeps in his resting place, his spirit will renew his youth and dwell in the tabernacles of the children of men.

THOS. A. WILSON, M. D.

As a post-graduate student of Hering Medical College I can speak of the late Dr. H. C. Allen, Dean, as an able exponent of the tenets of Homeopathy. His enthusiasm and knowledge carried conviction everywhere. He could always be depended upon. He did not shrink responsibility. He had a strong hand, a cool head and a true heart. His death is a great loss to scientific medicine.

JOHN A. KIRKPATRICK.

It was my privilege to live for sixteen years in the same neighborhood with Dr. Allen, and had occasion to call him in counsel more often, perhaps, than any other man. I have called him often to the homes of the poor, where, I told him, "Doctor, they have no money." But he never hesitated to come. I do not know that he ever manifested or exhibited the least selfishness or desire for fees or gain.

The best tribute that can be paid to Dr. Allen has been paid tonight by a number, who spoke of his optimistic spirit. I want to give an example of his optimism. Some nineteen years ago my own father came here for consultation. It was supposed he was suffering from a cancer. He was taken to a number of the most eminent surgeons and physicians, some pronouncing it cancer, some keloid, others an "innocent affair," that would cause no trouble. But all this brought no comfort to my father.

I could see that he still feared that it might be a cancer. Finally I said: "Father, we will go to Dr. H. C. Allen." and the next morning we went.

After examining the growth with a magnifying glass, and otherwise, having asked no questions whatever, Dr. Allen said: "This is not a cancer and it never will be. Have you ever been poisoned with poisoned ivy?"

My father replied that if he had been poisoned once he had been poisoned fifty times. Then Dr. Allen told him that the skin had been injured by Rhus Tox. poisoning and that he thought he could help him.

He gave him two powders, and in less than a month it was healed.

Father never had a doubt in his mind, after Dr. Allen's positive statement that the growth was not a cancer and never would be.

When I myself lay sick Dr. Allen came to see me four or five times. I always had more confidence when he left, and knew that in his opinion I was going to get well. So I believe if there is any one thing that we can all emulate in Dr. Allen, it is the spirit of his optimism. and the giving of hope to others.

Paul says: "He that doubteth is damned." A man who goes through this world doubting, is a man who will bring failure to his life. We must have convictions, something we can hold to, and something we can stand upon. Dr. Allen had these. Above all, he had the spirit of the Master, for service. He was a servant after the similitude, one of the Great Physicians, who continually "went about doing good," and who gave his life for Homeopathy and Truth.

FRANK G. WIELAND, M. D.

She who said that Dr. Allen is not dead at all, but that he is right here with us, has sounded the key-note of the whole evening.

When I came down tonight it was with a certain degree of pleasure because I looked forward to association with some of my old Hering College mates, and I have an idea that we who are Hering graduates are going to give some significant evidence of our regard for him.

There is one point some of you have missed—the doctor's unfailing sense of humor. I shall always remember his lectures on the "Organon" and *Materia Medica* at college, but shall remember even longer his humor.

The first time I went to see him was in mid-summer, and very hot, and there had not been a cloud in the sky for weeks. I was new to Chicago, and carried an umbrella of which I was very fond.

Some years afterward I had occasion to ask Dr. Allen if he remembered the first time I came to see him, and he said: "Yes, that night you came to see me and brought your umbrella when the stars were shining."

I never saw him depressed, melancholy or blue. When we say he was the "optimistic Dr. Allen," we have said the greatest thing we can say.

E. H. PRATT, M. D.

Dr. Allen was a very remarkable character, and did not pass for one-half of what he was worth, simply because he was not a braggart. One never heard him boast of his accomplishments. He was loyal to Homeopathy. In fact the cause of Homeopathy never had a life more consecrated to its principles than Henry C. Allen's.

Hahnemann was almost the man's God and the Organon his bible. So seriously was he consecrated to the propagation and principles of Homeopathy that he did not stop to play, and in that taught us one valuable lesson. If he had let go a little more, if he had not helped the Lord quite so hard, he could have stayed longer.

I have seen him in situations in his professional life where other men would have had their feathers badly ruffled. I never heard that man use an unkind, disrespectful word. He was always level-headed, calm and kind. You may lay this down as a principle: When you and another man differ from each other and still love each other, that man is an awfully good fellow—and so are you.

I do not believe any one had an unkind feeling toward Dr. Allen. They may have differed from the positions he took, disagreed with him in his philosophy, but they could not help but love and respect the man.

Before he was a doctor he was a man, clear through. He had one of the tenderest hearts that ever lived. I only regret I did not know more of him.

There are very few of us who, during our lifetime can achieve such a character as Dr. Allen's. It takes consecration to build character, and if ever a man was consecrated Dr. Allen was. I think it important that every man succeed in some one direction, be master of some one idea; for only in that way can he get any conception of the Deity. Dr. Allen was consecrated to Homeopathy and certainly he mastered it as well as any living man. For Homeopathy he strove and planned; for Homeopathy he lived and died.

MRS. JOHN B. LORD.

As I listen to the eulogies that have been given Dr. Allen as an investigator, I wonder how he was able to give the time that he did to his families who loved him. One might call Dr. Allen at any hour of the night, he always came on the moment.

Dr. Allen was our physician, our friend, our counsellor. We did not always go to him for medicine, but he always had time to consult with us and tell us what was best to do.

We feel that it will be a long time before we find a man so honest as Dr. Allen. Do not think of him as cold or unsympathetic. If you had had him in your family for nineteen years, as many of us have, you never could say that. He was quiet and said very little, but one always knew how he felt.

I wanted to say just a word as I felt that I could not go home without this testimony.

DEAN ALLEN. BY ELOISE O. RICHBERG, M. D.
 He was so strong in spirit—brave and true—
 We had not thought his life and work could end;
 There was so much that only he could do—
 Our dear Dean Allen—leader, counsel, friend.
 No burden seemed to pall him; he essayed
 To win the battle, whatsoever the cost.
 Say not he's gone—has left us all dismayed—
 A love like his—true, brave—is never lost.

For greater work, God summoned him; and true
 As always, our dear leader answered, "Here,"
 Was he not always willing more to do
 Of loving helpfulness—sans doubt, sans fear?
 Yet he is with us here—to love, inspire—
 Is in the class-room now, as yesterday.
 Although God called, "Beloved, come up higher,"
 Dean Allen would not far from "Hering" stray.
 She was his best beloved for so long;
 Ne'er swerved he in his trust, could see no peer;
 Pictured her future, as a fortress, strong,
 'Gainst fiercest charge of Prejudice and Fear.
 Say not that he is *dead*—to truth and right;
 He lives for aye—to counsel, bless and cheer;
 Lift high his banners—forward, nobly fight,
 For that grand cause he loves—or there or here!
 Rare honors crown his memory! and bring
 Victorious closing to his long campaign!
 Let hope and truth a grand Te Deum sing,
 While peace and love join in the glad refrain!

GERTRUDE DOBSON, '09.

There is no class of individuals who will miss Dr. Allen more than will the students of Hering College; there is no class that knew him better. I do not wonder that he died; I only wonder that he lived so long. He had enough tales of misery and woe poured into his ears year after year, to have killed any other man long ago.

No matter what was the trouble, we always took it to Dr. Allen; and never failed to find him cheerful, sympathetic, and ready with some helpful suggestion. We never could tell from his looks or actions how hard it must often have been for him.

He possessed those qualities of mind and heart which proved him to be a gentleman in the truest sense of the word. He was always unselfish and courteous. We never knew him to make a harsh criticism of any one, no matter how great the

provocation. Sometimes a zealous student, eager to know, "Whom to believe when doctors disagree," would tell him of some one who had differed from him in his teachings. On such occasions, he never showed the slightest vexation; nor could he be induced to make an uncharitable remark about the one who had been quoted. There would just be a little straightening of the shoulders, a little lifting of the head; then in his quiet way, he would say "Well, it is merely a difference of opinion," or else; "I wish I felt competent to criticize that man's teachings, but I don't."

Then, too, he possessed courage of the highest type—the type that dares to stand alone, if necessary, in behalf of the right. He was never ashamed of Hering College, because it is small, and has so few students. When he was inclined to feel discouraged, he would console himself by telling us of that small southern college which possesses only six students, then with renewed courage, he would smile on us for comparatively speaking, we are quite a numerous band.

But the quality that made him most dear to us was his charity which was great enough to cover a multitude of sins—not his sins, but ours.

I believe he loved every one of us, no matter how great our stupidity, nor how much trouble we made him.

He always came to us late in the afternoon, when we were so tired and hungry we could think of nothing except getting out for the day. At times if he kept us a few minutes later than we thought he should, there would be an uneasy rustle which told him plainly we wished to go. Yet this never vexed him in the least; he knew us too well to doubt our love for him, and he would merely look up at us, and with a shrug of his shoulders, quiet us by saying, "I think you can stand it, if I can. I have probably worked as many hours today as any of you."

To us students, Dr. Allen will always remain a living personality, influencing us more than we can possibly realize by that best of all sermons—a well-lived life.

MIGUEL A. VALIENTE, '11.
Baranquilla, Columbia, S. A.

The sudden disappearance of our beloved dean, Dr. H. C. Allen, from this world, has filled my heart with sorrow. The immense vacancy left by his death can never be filled, for I loved him as any boy would love his father.

There will always live with me the remembrance of the happy times that we spent listening to his important lectures on the "Organon" and "Materia Medica," which have been of great utility to me and all the students of Hering Medical College.

I had the honor of obtaining his friendship and tried to appreciate to my best ability the quality of his unusual intelligence and kind heart.

Dr. Allen, as a physician, stood ahead of many others for the reason that he was learned and studious and possessed a vast knowledge of that science of healing left by Hahnemann to relieve mankind.

He loved Homeopathy and for the triumph of this truth he struggled, day and night, but always enthusiastic, because for him there was no greater pleasure than to teach and spread the principles of pure Homeopathy.

He was loved by every person, because he was generous and amiable, with a heart overflowing with love for every one, and I do not think there is any one who knew Dr. Allen who has not been saddened at the hearing of his death.

My father, being a homeopathic physician, established in Baranquilla, Columbia, South America, always admired Dr. Allen's wonderful knowledge in Homeopathy and maintained correspondence with him. It was through the great work on "Intermittent Fever" by Dr. Allen, that my father was able to see the light of the truth reflected from it so as to save the life of one of my sisters who was taken seriously ill with a pernicious fever.

The case was as follows: Five years ago, we were living in the city of Baranquilla, and in that time they were cutting a channel in order to make a passage for the Magdalena river steambout. My sister, named Celila, fell victim

of a high fever. My father began treating her using the indicated remedy with good results, because the fever disappeared. But three days afterward the girl was suffering from a pernicious attack and my father was compelled to do the best he could to save her life.

My father, having known from several friends that a good many children had passed away on previous days from the very same sickness probably due to the cutting of the channel, he hastened to look up the indicated remedy for the little girl who was in a very dangerous condition.

The fever then was diminishing and it was father's wishes to give her, as soon as the paroxysm was over, a high potency of *Veratrum Album*. But as my father was almost sure the case was hopeless and that she would die, the next day, when the next access would come, he hesitated and consulted many so-called homeopathic books of good authors, as Dr. Gatchell's *Medical Practice*, Dr. Vincent *United States Medical Investigator* and Dr. Hughes in his *Therapeutics*.

Their opinion regarding intermittent fever was that the "treatment must be prompt and energetic, Quinine must be pushed till the patient is thoroughly cinchonized.

That they have been rarely able to cure one of these affections using high potencies nor by means of any alternation. That even the best selected remedy has failed in the majority of cases."

On account of this advice my father hesitated a while and ordered the Quinine. But not neglecting that Quinine in these cases was not a prescription according to the teaching of Hahnemanu, apparently did not know what to do and on entering the room where the little girl was sick, a sudden thought came to his mind of Dr. Allen's work on fevers.

He went for it and began reading it anxiously and soon came to the conclusion that *Veratrum Album* was her remedy. My father did not only find her remedy but found the scolding he deserved for his doubt.

Dr. Allen in his wonderful word mentioned the pernicious form of intermittent fever the physician has to meet with. 'How the patient thinks he is going to die; and the physi-

cian shows his fear. Where the allopath gives Quinine to prevent the return of future paroxysms, shall we on that thread-bare plea of pseudo-homeopaths that 'there is no time for homeopathic remedies to act' follow his example? *Those are not lacking in faith but in knowledge, who desert their colors under fire.* The homeopath who knows his materia medica will cure such cases without resorting to rational (?) uncertainty. If he does not know his materia medica he is justified in resorting to anything to try to save his patient but the treatment should go by its right name and the failure to cure should be properly credited. Every homeopath is responsible for not knowing what he professes to practice."

My father being ashamed of the way he had proceeded, prescribing what a pure homeopath would never do in such cases, he rushed to take the temperature of the little girl and found it was $37\frac{1}{2}$ c. At mid-night there were only $36\frac{1}{2}$ c. and then he put a dose of Veratrum Album 200 on her tongue and full of hopes we let time pass away.

Next morning to the surprise of every one of the home the access came again at the same hour but slight, then we knew how much she was improving.

Five days after we considered her free of the sickness and since that time, 1904, she enjoys perfect health.

This is the reason why the name of Dr. Allen is venerated in our home and we feel the loss of him as a member of our family.

D. N. BANERJEE, Hering, '10.

How they look upon Dr. Allen in India can best be judged by the influx of Indian students to Hering College.

Looking back to the time of the World's Fair when there was a congregation of homeopathic physicians from all the world over, Dr. Allen's personality exerted so great an influence on the representative of Homeopathy from India, Dr. P. C. Majumdar, that on his return home he sent his son to get a medical education at Hering College.

This began the doctor's long and intimate relationship with the Homeopaths of India, resulting ever since that time

in a constant stream of students from India to this college.

It is, indeed, a matter of great wonder that students should come so far away from home to study Homeopathy, but those who came first told others that the people of this country were always doing their best to smooth away the difficulties to be encountered in a strange land, and also how great was the interest the dear old doctor had in these students from thousands of miles away, and for whom he was always willing to sacrifice his time and strength in order to help them on, in the best way he could.

Knowing this it will therefore not seem strange that they cheerfully face the separation from home and kindred, for they leave with the thought that they are going among friends.

On reaching Chicago and meeting Dr. Allen for the first time, it seemed as though they met an old and trusted friend and all the troubles and hardships encountered in their travels seemed to fade away after listening to his encouraging and instructive talk. And again when any further troubles arose, there was the good old doctor to go to, who with his deep sympathy seemed to drive away all darkness, leaving brightness and happiness in its wake. In this way did he induce Indian students to come, and also in this way did he endear himself to them by his great kindness.

His loss will be felt, however, not only by the students but also by the homeopathic physicians of India. Many and many are the times when practitioners both young and old have written to him about chronic cases with which they could do nothing, and Dr. Allen with his wonderful sagacity and clear sight has helped them out with a suggestion and thus cured cases for which no cure seemed possible. It was only recently a doctor from Bengal sent Dr. Allen a medal as a token of his admiration and reverence for his worth as a careful prescriber.

Dr. Allen was known not only to the Indian Homeopaths through his having met Dr. Majumdar, but also through his books, which have a large circulation among them. If they had no other book from his pen than the one on "Inter-

mittent Fevers," they would value him as a writer for that alone.

Thus it may readily be seen that the hold Dr. Allen has on the homeopaths of India will be a lasting one, and it will always be a source of thankfulness to them that they were so fortunate as to have come under the inspiration of his life and teachings.

CROSSING THE BAR.

E. BLANCHE STEINMANN, HERING '11.

"Sunset, and evening star,
And one clear call for me!
And may there be no moaning of the bar,
When I put out to sea.
But such a tide as moving seems asleep;
Too full for sound and foam,
When that which drew from out the boundless deep,
Turns again home.
Twilight and evening bell,
And after that the dark!
And may there be no sadness of farewell,
When I embark.
For though from out our bourne of time and place,
The flood may bear me far,
I hope to see my Pilot, face to face,
When I have crossed the bar."

Had Tennyson known and loved Doctor H. C. Allen as we have, he could not have voiced his sentiments better than in the lines he wrote concerning his own wishes when the great change should come.

Can there be any who miss the loved presence of Dean Allen more than the student of Hering College? To us he was friend, physician, guide, teacher, all!

It will take time for us to realize that the real presence has not departed, but abides with us still, giving strength, and when the need comes, uplifting. When others lose

faith in us, we still know he believes in us. His was the great, loving spirit that forgave unto seventy times seven, and still forgave unto the end.

How approachable he was! Yet we have never seen him without that sweet dignity and nobility of mien that won for him so much honor.

Shall we grieve because he is not bodily with us? No! We cannot help but miss him. Each one is desirous of fulfilling in some measure, his high hopes for us. We can work and work, and work; and above all, be true to his teaching.

What a privilege to have been taught by him; what an inspiration for all life, his life has been, and what joy to have known him!

Who ever saw a sneer upon his lips for younger or less fortunate members of the profession? Who ever heard him unkindly criticize or denounce anything except untruth? Who ever heard him boast of his achievements? Who ever went to him for a suggestion concerning a patient and the needed remedy and came away disappointed? Who ever asked him for kindly advice, that the sympathetic hand was not outstretched, and the counsel given?

We bow our heads in deepest reverence for the life so nobly lived and ask only the privilege of emulating, to the best of our ability, the greatness shown us.

SUBSCRIPTIONS.

In the last number of the QUARTERLY we enclosed subscription blanks. The response has been very gratifying, but they have not all been returned. The post office now requires that subscriptions be paid promptly, and we trust that those who have not sent in their remittance will do so in the near future.

When *The Crusader* was discontinued the HERING QUARTERLY filled out its unexpired subscriptions. Mention was made of this fact in the first issue, but it seems to have escaped the attention of some of our readers.

WILL HERING COLLEGE LIVE?

Since the death of our much loved dean, Dr. Henry C. Allen, I have often been asked if Hering College would live. Nearly every mail brings me expressions of deep sorrow and great personal loss due to the calamity of the sudden and unexpected demise of our illustrious leader, and coupled with this comes the question, will Hering College live?

Many seem to think that the existence of a school of pure Homeopathy, as exemplified in Hering Medical College, could only continue as long as Dr. Allen lived and was the leader.

Dr. Allen was a man of most remarkable personality. He knew that Hering College did a great and noble work. His untiring zeal and exhaustless energy served to bring the college up to its present high standing for a principle in the face of many discouragements.

His long experience and constant study peculiarly fitted him as a leader in his chosen field.

Now that his personality is gone, his influence is felt more than ever, and will continue to go down through the ages constantly increasing, as has the influence of Hahnemann, Hering, Dunham, Lippe and other of the great exponents of Homeopathy.

Dr. Allen did more than any of the others, in as much as he founded a medical institution which has for its key stone the illustration of one of Nature's laws.

During the existence of Hering College; which was founded in 1892 and graduated its first class the same year, and through the indefatigable labor of the college faculty there have graduated from this institution over three hundred estimable men and women who have gone into nearly every civilized portion of the world and practiced the principles of pure Homeopathy.

From time to time we have secured on our Faculty and in our teaching corps, enthusiastic believers in the great homeopathic law of cure, and some who were skeptical of the efficacy of our method of administering the curative remedy. Nearly all such persons under the guidance of Dr.

Allen and his colleagues have signified their firm convictions in the truth of "Similia," and have also added to their banner the words, "Similia, Simplex, Minimum."

To me it seems impossible that the Alumni of Hering College would allow their Alma Mater to perish, even should the entire present faculty be gathered in by the Grim Reaper. Dr. Allen's work for Hering College is not ended, but it will continue through the organized efforts of his students and followers till the end of time. Such works cannot die. He has often told me that his greatest wish was that Hering College should live and become a power for the truth.

We have a college building admirably adapted to the purpose for which it is used; its location, in the heart of the greatest medical center in the world, could not be improved. Our present classes are composed of excellent men and women, enthusiastic homeopaths and firm believers in the single remedy.

The prospects for a class for next year are good. Our teaching corps realize the importance of attending to every hour they have on the schedule. We are putting into Hering College not only our time, money and energy, but are each contributing a generous part of our vital force to show to the medical world that Hering Medical College is a living entity.

If the alumni will do their share, as I have no doubt they will, there will be no need for further question as to the continued existence of the college.

A movement looking toward the erecting and endowing of the Allen Memorial Hospital is well organized. A committee is now working toward that end. But a hospital, however great and well endowed, unless conducted according to the precepts he taught would be a poor monument for so great a man.

We have men on our faculty who are earnest and willing; men who have the cause much at heart; men who will make the necessary sacrifice; men with initiative, enthusiasm and capacity for work, who declare that Hering Medical College shall not die.

Yes, I assure you, Hering College will live.

ROBERT N. MORRIS, M. D., Registrar.

APPEAL TO THE ALUMNI.*

BY A. SYLVESTER FISH, M. D.

Arouse ye! students and members of the Alumni of Hering Medical College! Your Alma Mater mourns the loss of a great friend, who was like a father unto her. He cherished and nourished her in her tender years; he held out a strong right arm for her comfort and protection. He toiled for her day and night, and knew no fatigue in the presence of her needs. He took comfort and joy in the contemplation of her prosperity, and his zeal for her welfare knew no bounds.

The principles of her foundation, required, yea demanded, his greatest efforts; and the knowledge of their purity, penetrability and power gave him great satisfaction.

But his voice and pen are still; he was suddenly and unexpectedly cut off, not, however, before accomplishing great things. His absence calls forth her loudest praises of appreciation, and her tears for the lack of his comforting voice. And now, like a mother, she turns to her children, to seek rest and consolation. Full of hope, she still lives and desires to become a monument worthy that of her best friend and those principles for which he struggled, as well as being a mother and home for children.

She deserves and appreciates what they have done for her in the past; with out-stretched arms, and an ever welcome on her lips, she stands on the threshold, calling to her children.

Give her all the succor you can; remember that this is the place of your professional birth.

Hering Medical College has given you those rights and privileges which you now enjoy and make you an honored guest in your community and elsewhere.

You owe her an everlasting debt, which she believes you will give all due consideration.

For the sake of humanity; for the sake of her and your lost friend and the principles she expounds; and for your pride's sake, do what you can for her well-being.

*Read before the Faculty of Hering Medical College, who unanimously voted that it be published in the Hering Quarterly.

IMPETIGO CONTAGIOSA.

BY J HENRY ALLEN, M.D.

Professor of Dermatology, Hering Medical College.

Impetigo Contagiosa is an acute contagious inflammatory disease, characterized by the formation of single or multiple, superficial discrete vesico-pustules from the size of a split pea to that of a ten cent piece. The eruption is frequently found among school children and occasionally in adults.

The lesions appear first as isolated, slightly raised vesicles. They usually spread rapidly until they become like little blebs, with a thin, withered looking, collapsed wall. Occasionally they coalesce which increases the ugly appearance of the eruption which is generally to be found upon the face or hands. The chin and nose are, however, favorite locations.

Thin crusts form, of a brownish or straw color. Indeed the lesions often have the appearance of some sticky substance dabbed or stuck upon the skin. On removing the crusts the under surface has an excoriated appearance and bleeds slightly.

There are no constitutional symptoms, and locally only slight itching or perhaps burning. Usually the lesions are found in groups of four or five to ten pustules.

The eruption not infrequently runs its course in from ten days to two weeks, but generally it does not disappear without treatment. Local treatment is not satisfactory, so the regular school have to a great extent abandoned it. When local measures are employed mercury is usually their device.

It is said that the contagious element is due to the *staphylococcus pyogenes aureus*. This may seem interesting to those who believe in the germ theory, but the germ theory never went far enough to satisfy my mind. The cause of disease is not a finite thing. Outside of mechanics or chemistry there is something deeper; something in which law is co-operative. We know from our study of Hahnemannian chronic miasms that the cause is of sycotic origin, just as La Grippe is sycotic or measles is psoric.

Under homeopathic treatment the disease, Impetigo, tends to a rapid recovery. We cure many cases in ten days. Any remedy in the *Materia Medica* producing or curing pustules may be indicated, but the following are more frequently called upon:

Ars., Alb., Indications: Slight burning in lesion; thin, scanty discharge producing erythema about the periphery of the sore.

Merc., sol. where the discharge is bloody and there is a tendency to ulceration.

Cicuta: Crusts are lemon-colored, and when they fall off there is left a very red, inflamed surface, accompanied with much itching and burning.

Hepar: Crusts soft, friable, with much yellow pus. Sensitive to touch and bleed easily.

Rhus tox: Small, dark brownish lesions, vesicles prominent; secretion, thin, straw-colored, much burning, biting and itching, which is relieved by gently rubbing the part. Many other remedies also may be considered.

QUOTATIONS WHICH MAKE ONE THINK.

E. B. BECKWITH, M. D.

Taken from *The University Homeopathic Observer*, Oct., 1908.

III. "The instruction in pure Homeopathic medicine and surgery is given by experts who devote almost their entire time to college duties and who come in personal contact with every student."

Advertising page headed: "Facts about the Homeopathic Department of the University of Michigan."

"In medicine and the underlying sciences of medicine, theories of disease, of their spread and of their control, are being investigated by scholars and constantly modified if not abandoned; and, occasionally, a new truth is also added to knowledge. The books that a practitioner considered his main guides and references ten years ago, he no longer consults. The men who wrote them, if liberal in disposition, have also changed their views, and see alterations they would gladly make in revised editions.

You can not purchase to-day very many books of reference that you will rely upon in a few years as infallibly as you can now."

From address by the Dean at the opening of the Homeopathic Department.

"A laparotomy was performed on Sept. 29."

"The shock following the operation, for about three days, was marked. Pulse ranging from 118 to 160, and temperature sub-normal. Normal salt solution, per breast and rectum, were freely used, and strychnine very sparingly, and nitro-glycerine, hypodermically, were ordered according to the indications. Dr. Kinyon is very cautious about the use of strychnine."

From article by the Professor of Gynecology.

After reading these quotations, one cannot help wondering if the men who wrote them originally had ever read the "Organon" or Hahnemann's "Chronic Diseases," and Bönninghausen's Writings, either greater or lesser. Is it possible that they have an adequate idea of the principles of the "Pure Homeopathy" which they profess to teach?

Can they have had experience in the use of potencies, either high or low, when prescribed exactly according to the symptoms and simile, simplex, minime?

This article is not intended to criticize any particular college, but all those colleges which pretend to teach Homeopathy and call themselves Homeopathic, and yet teach the use of crude drugs, alternating remedies, combination tablets, and empirical prescribing. The country is full of these so-called homeopaths, who do not know the first principles of Homeopathy.

Until the fall of 1908, there was but one college in the world in which a course of instruction on the "Organon" was required. The past fall, three other colleges introduced a similar course, and are teaching real, genuine, bona fide, Hahnemannian Homeopathy.

The statement that the theories of medicine are modified or abandoned every ten years, is literally true of the allopathic school. In the homeopathic, however, there is not yet

much if any, change in the theories enunciated by Dr. Samuel Hahnemann. We do not mean that the theories are true because Hahnemann said so, for he was human. He had, however, an unusual education, and a perception almost prophetic. Hence he discerned truth as did no other man of his time and because these principles and theories were true, he discerned them, and gave them utterance.

In the light of the work of Wright, in London, on Opsonins and other scientific discoveries, Hahnemann's theories of medicine and disease are being verified now, as never before. Furthermore, every cure by the use of the one indicated remedy is a mute tribute to the verity and permanency of the law of cure, as stated by Hahnemann. The *similia similibus curantur* of Hahnemann is as true to-day as is Newton's statement that "every particle of matter attracts every other particle of matter."

It is because the fundamentals of Homeopathy are not taught in the colleges, and practitioners start the practice of a science while ignorant of its guiding principles that so many abandon it entirely and openly join the allopathic school. It is well that they do, for they will then be true to their colors, and will not pretend to be what they are not. The graduates from these colleges are what Hahnemann termed mongrels, not from any fault of their own, but because they were so taught "by experts who devote almost their entire time to college duties, and who come in personal contact with every student." These men are so busy as "experts" that they have no time to learn the truth which they falsely pretend to teach.

It is time for more men to appear, who will study, and who are true experts; experts, not because so labelled in a college catalogue, but because they know their line of work better than anyone else knows it. There is a crying need in our colleges, for men with the character and ability of Hahnemann, Hering, Lippe, and those other great men whose names grace the pages of the history of true Homeopathy.

WHY NOT PRESCRIBE HOMEOPATHICALLY WHEN YOU CAN?

BY A. SYLVESTER FISH, M. D.

Why not prescribe Homeopathically when you can? And yet if you do you will be called a quack and excluded from that magnanimous body or men who are self-styled the physicians of the "regular" school. We understand that it is often difficult to make a homeopathic prescription, but this should not constitute an excuse for not doing so when possible.

Our experience has been too extensive and fruitful not to recognize and appreciate the good that is in drugs even when not used homeopathically; but we have observed that only a few who attempt to use them in this latter manner have much knowledge concerning their action, and too often such usage is attended with deleterious results, not apparent to the prescriber or patient. Concerning these drug actions, we trust that our common sense and humanitarian principles will not allow us to be warped by prejudice into bigotry.

We will give a short history of one case to illustrate the reason for our faith in the law of Similia and the efficiency of drug action when the drug is applied in attenuated form.

An elderly woman was attending a very sick relative, when suddenly a hurry call was announced from the sick chamber. She rushed into the bath room, on the errand, stooping down to the floor and did not see the sash of a swinging window projecting into the room. She raised up quickly and struck the top of her head against the edge of the sash with such force that it stunned her; but the excitement of the moment gave her the will power to proceed on her errand. A minute later as she was returning from the chamber with her hand on her head, we met her at the door, when she exclaimed. "I have almost killed myself!" and removing her hand it was found to be covered with blood.

She was placed in a recumbent position and with a wet towel the blood was washed away from the scalp revealing a laceration about an inch and a half long. The hemorrhage stopped very soon, spontaneously—perhaps partly on account of weakened heart's action, as we have known of this

occurring in other cases. Her skin, from a fairly good complexion had changed to a saffron color. She was sick at her stomach. Her head was very heavy, with weakness over the entire body. The heart's action became slower and weaker until we feared a collapse, and promptly administered Arnica, internally, in potentized or attenuated form. The heart's action, at once became accelerated and increased its force, and the patient began to feel the effects of reaction from the shock. This state continued for about an hour and then a fever set in. The Arnica was not repeated, but one dose of Aconite was administered with the result of producing a slight perspiration. In about an hour and a half the patient had none of the symptoms of traumatic shock, but was feeling better than she had been for several days; only a slight soreness remaining. A compress of Hamamelis was applied to the lacerated scalp and the following morning healing had practically taken place, by first intention. But this practice is quackery according to the "code of ethics." Well let us have more of it.

We take a little satisfaction in knowing that one illustrious member of those belonging to "the code," in speaking of former members who had ceased their allegiance, declared that the chief cause of quackery outside the profession was the quackery in the profession.

Even a Homeopathic prescription, however, may not bring about good results rapidly. It depends upon the plane of potentiality in which the drug is used; and to determine that plane of highest efficiency requires no little experience and discriminative power.

Failure to produce the greatest results by a Homeopathic prescription is common, but this does not prove any error in the master mind of a prince among physicians, Samuel Hahnemann, who discovered, demonstrated and promulgated that system of medicine which, when thoroughly understood gives us a most potent factor for combatting diseased conditions.

NEW DIAGNOSTIC METHODS IN APPENDICITIS.

Rovsing of Copenhagen has employed for the past three years an original and, as it appears, a very valuable method of examination in cases suspected of appendicitis or typhlitis. With his right hand he pressed his left one, palm downwards, against the integument of the left iliac fossa and lets it glide upwards along the descending colon until it reaches the vicinity of the left colic flexure. By this procedure the gases contained in the large intestine are made to exert a greater pressure against the intestinal walls than before, with the result of eliciting severe darting pains in the region of McBurney's point. In each of his first two cases in which he tried his new method of examination there was strong suspicion of the affection being a perityphlitis judging by the usual signs. The one patient, however, did not experience the least pain in spite of rather vigorous massage of the descending colon, while the other patient felt at once severe pain, referred to McBurney's point, after a mere compression of the middle part of the descending colon. The subsequent operations explained the difference. The last mentioned patient turned out to be suffering from appendicular peritonitis, whereas the first patient on being explored by laparotomy did not present any alteration of the vermiform appendix or intestine, but a retroperitoneal swelling, which lifted up the ascending colon and which a lumbar incision proved to be due to a perirenal phlegmon.

Judging from his experience in more than 100 patients, Rovsing considers his method a trustworthy, sensitive, and valuable diagnostic help. Its importance lies in a two-fold direction. First, it will aid in the correct diagnosis in the many doubtful cases in which the nature of a painful swelling in the right iliac fossa cannot with any certainty be made out, such as those in which the diagnosis of a renal affection, a ureteric or hepatic lithiasis, or a salpingitis appears just as probable as that of an appendicitis. For only in those cases where a pain is caused by an infection of the appendix or cecum will it be elicited by pressure against the healthy descending colon. The trustworthiness of the

symptom is well born out by the following observation. In several cases of gangrenous appendicitis where the pain was referred only to the epigastric area and had therefore led to the suspicion of a gastric affection (perforating ulcer of the stomach), Professor Rovsing's method gave at once the correct diagnosis, pressure against the healthy descending colon immediately eliciting the typical pain over McBurney's point. The second field for application of the method is to be found in the acute cases where direct palpitation is dangerous, painful or impossible on account of defensive muscular rigidity and therefore must be omitted, whilst palpitation of the healthy descending colon does not present any difficulty.—*The Lancet*.

CONVINCING CASES.

R. H. FARLEY, '11.

CASE I. Mrs. P—, aged 41, has had five children. She has never had good periods, but for the last four or five years they have gradually been getting worse. Aug. 20, '08, she took a bath just after her last flow began, and the next day went on a lake trip and was caught in rain and took a severe cold.

During the last period the cramps in abdomen were so severe she had to stop her work and go home. Cramps < standing and walking; > doubling up.

Flow dark, clotted and profuse. Lately has been occurring about every three weeks.

Legs pain as if beaten; feel bruised before and during menses; feel as if flesh was being jerked from bone.

Very apt to get blue and very irritable during menses; every little thing annoys her. Wants to get off by self and be quiet. Sympathy or consolation <.

Indigestion; burning pain in stomach < one or two hours after meals; > by cold water, the more the better. Feels bloated and belches without relief.

Constant dull backache < after being on feet. On rising after stooping, sharp sticking pain in back, almost makes her cry out.

Pain in small of back, which runs downward and forward along top of innominate bone.

Gave one powder of Nux Vomica cm. dry on tongue.

Sept. 5, '08. Reports pain in stomach disappeared and back somewhat better. For the past week the middle finger of right hand has been giving trouble. There is a blood boil on first joint which does not come to a head. Finger is very dark, even purplish and no pus yet formed.

Silica cm. in water.

Sept. 10, '08. Reported the abscess opened the next day after she was here last and has discharged freely and is now getting better.

Her menses came a week later than usual and without pain, excepting the backache, which still continues. She says it is the easiest period she has ever had.

Sept. 26, '08. Reported all symptoms gone. Is feeling better than she ever did, also looking much better.

Patient discharged.

CASE II. Mrs. G——, aged 43, three years ago took a sea bath before menses ceased, with the result that rheumatism held her in bed, so that she could hardly move for three months. Since then she has been troubled with occasional attacks of rheumatism, especially in warm damp weather, or when at sea shore. She hates to go to shore because it makes rheumatism worse. Has always been troubled with indigestion.

Stomach: Great flatulence, with sour eructations; < by eating fats and sweets. Appetite good. Has to control it or she will eat too much. Belching, gas tastes like lemons.

Abdomen: Greatly distended. < at night in bed; > by passing much flatus, either up or down.

Heart: Sense of oppression about heart from abdominal flatulence, when in bed.

Body swells during sleep, especially hands and feet. Arms and feet go to sleep, which awakens her. She complains of a very peculiar symptom, which her mother has

o. During this excessive flatulence she will belch if any

part of the body is pressed upon, even the head. She is very positive about this symptom.

Sent her four powders of Carbo Veg. cm. to take in water.

During March she reported her menstrual periods much better than since the sea bath. Also the indigestion had disappeared.

Sept. 1, '08. Has spent the last two months at sea shore and to her surprise she had no rheumatism, but lately the flatulence has returned. Sent three powders of Carbo Veg. cm. and since then have not heard from patient.

Jan. 1909. Just heard that patient used but one of the powders, and has been well since.

THE APPLICATION OF THE HOMEOPATHIC REMEDY IN OBSTETRICS.*

BY E. A. KRUSEN, M. D., Norristown, Pa.

There is nothing in the field of medicine or surgery that the family physician has to deal with that will bring him more glory and honor than the successful management of obstetrical cases. He is defending the life and health of mothers, and whatever touches the hearts of the mothers of our country touches the heart of every human being. Therefore it is due the mothers to have brought to them the very best that our age of medical and surgical skill can produce.

In ages past it was believed that childbirth needed little or no medical attention, and most cases were relegated to the care of older women in the neighborhood or to midwives. Not until the cases assumed grave and even dangerous symptoms, was the advice and help of a physician sought, and in many cases too late to prevent lacerations of various kinds and degrees, and also too late to save life. It is quite probable that if the women of our country could or would observe the dietetic and hygienic laws of health during the period of gestation, there would be less need for the careful attention of a physician before labor, or even during labor.

Every physician knows full well that under the present status of society and of women in the pregnant state, it is not well for a physician to accept a call to attend a patient in labor unless he has had full control of that patient several weeks before her expected accouchment.

*Read before the Homeopathic Medical Society of the State of Pennsylvania, September, 1908.

I have sometime felt that too many of the abnormal conditions found in the lying-in chamber are deemed impossible to relieve, or else relegated to manual or surgical treatment, when the whole trouble could easily be remedied by the administration of the properly selected homoeopathic remedy.

In the first stage of labor the old-time idea of allowing time, and a nervous, timid primipara to work out the problem alone, has been exploded. If there are no deformities of the mother or child, or malpositions, much can be done to shorten and modify labor in every stage, by the use of the similia. Who has not seen that rigid undilating os soften like magic after the administration of belladonna or gelsemium? In this stage you will often find the pains poorly borne by a nervous-tearful woman. She grows despondent and knows she will not survive her labor, often audibly regretting the day of her marriage. All this can be changed in a few minutes by the use of such remedies as coffee cruda, chamomilla or pulsatilla, which in their effects are like the pouring of oil on troubled waters; the pains will lose their spasmodic character and harmonious muscular action becomes established.

In the second stage, when the os uteri is fully dilated and the foetal head has entered the superior strait, there may be a cessation of pains. It may not be an indication for forceps, but for medicine; gelsemium, secale or caulophyllum may re-establish the pains, and in so doing reinforce the whole female economy.

If there is a neurotic history in the family, signs of convulsions may be looked for and should be met with stramonium, cuprum arsenicosum, cuprum metallicum, hyoscyamus, cicuta and others.

It may occur to some to ask: How long shall we wait for the medicine to act in these conditions? My experience has been that the proper remedy will act immediately, and if no action is noticed in a few minutes after its administration, another remedy should be selected which will shorten labor and make it less painful.

We now come to the third stage, and it is here we find the broadest field for the exhibition of our remedies. The mother just delivered realizes one of the happiest moments of her life. After the pangs of labor have suddenly ceased, her entire system is relaxed and exhausted. The placenta may be adherent or retained. If this is so pulsatilla, caulophyllum, cantharis or sabina will greatly aid you in its delivery. Hemorrhages are apt to occur at this stage, which often tax the courage and skill of the physician to the utmost. They become terrific and terrifying, but a stout heart and a clear understanding of the remedy, with a resolute dependence in the similia, will carry the patient safely through the most alarming experiences of her life. Fluid extract of ergot is not to be compared with the action of such remedies as ipecac, china, sabina, trillium and secale in potencies. These of course, must be combined with manual treatment in the way of friction over the uterus, hot water and douches, and elevation of the foot of the bed.

Shock and exhaustion can be met temporarily with alcoholic stimulants, but do not depend upon them long or you will lose your case. Reaction can better be established by giving china, carbo veg., arsenicum alb., chininum, arsenicosum, etc.

After pains, instead of being lulled by the use of morphia or anti-kamnia, or some other hypnotic which nearly always leaves a train of stupefying symptoms, can be controlled by gelsemium, caulophyllum, actæa racemosa, belladonna, arnica, viburnum, morphia aceticum.

For septic infection--arsenicum, baptisia, echinacea, pyrogen, lachesis and arnica will usually start the case toward recovery, which can be safely carried onward to good health by the properly selected remedy.

After attending a woman through a normal, healthy labor; where no special remedy is indicated, I always prescribe arnica. After labor the tissues are always left more or less bruised and sore. Arnica will relieve that soreness and produce an early repair of the tissues and rest of the patient.

In presenting this subject I have said nothing, or very little, about surgical aid or pathological conditions, but wish only to impress on you the wealth of that great storehouse of remedies that can be used to render labor shorter and less painful if we will only use them instead of delaying, and then, on the spur of the moment, use more radical and questionable methods which often bring failure and disastrous results.—*The Hahnemannian Monthly*, November, 1908.

BOOK REVIEWS.

CHARACTERISTIC CONDITIONS OF AGGRAVATION AND AMELIORATION, AFTER BONNINGHAUSEN. Edited by E. Jennings Lee, M. D. Revised and enlarged by George A. Taber, M. D. Pocket Edition, 62 pp., 1904. Price \$1.00. Published by Mrs. George A. Taber, 105 W. Grace St., Richmond, Va.

This little book is full of good things. The arrangement of the headings is alphabetical, and a full, complete index renders the finding of any symptom very easy.

The book is of suitable size to carry in the pocket, or keep on the desk for constant reference.

Within the past year, Dr. Taber has died, and Mrs. Taber has only a limited number of the books left, and probably will not re-issue them. So it is advisable for those who have not a copy, to send very soon.

SANITARY SCIENCE. By E. M. Cheney, M. D. Embracing four Divisions: Hygiene, Care of the Body, Diet, Remedies. Bound in White and Gold, 80 pp. Published by the Author, at 304 Dodworth Block, Pasadena, California. Price 50c.

In this neat little booklet, Dr. Chaney has condensed much useful information, which is of especial value to the layman, as well as to the practitioner. In general his ideas on hygiene and diet, are incontrovertible, but some of the ideas he puts forth as facts, are open to proof, to say the least. For example, he says on the first page that "all male animals are conceived during rising tide, and females are conceived during waning tide." He adduces no evidence whatever in support of the statement, which implies that to his mind it is a generally accepted fact, or else that his word is sufficient authority for it. The theory is one in support of which the late lamented Dr. Frank Kraft wrote a book, and still did not consider it altogether settled.

Dr. Chaney has some good high potency ideas, and under the head of remedies he gives a brief but highly valuable repertory and materia medica for domestic use.

One significant paragraph that no one can question is this: "Drugs have been the means of producing over two-thirds of America's invalidism; and in the hospitals of this country where the homeopathic potencies are used, as well as drugs, statistics show that in the various diseases, from 16 to 20 per cent. of the cases are fatal under the drug practice, while but 6 per cent. die while under homeopathic treatment."

THE SEXUAL QUESTION. A Scientific, Psychological, Hygienic and Sociological Study for the Cultured Classes. By Augustus Forel, M. D., Ph. D., L.L. D. English Adaptation by C. F. Marshall, M. D., F. R. C. S. 530 pp. Rebman Co., New York.

The appearance of the English translation of Prof. Forel's scholarly work marks an addition to contemporary literature whose value cannot well be over-emphasized.

"The Sexual Question" is a sincere and scholarly production. It is one of the few really comprehensive and valuable works of the kind in existence. It is perhaps to be

regretted that the author has chosen to treat his subject in a manner which can be comprehended and appreciated only by a professional man, or the most cultured of laymen. A general uplift in moral and sociological conditions would follow the widespread dissemination of the knowledge contained in this book. The author has approached his subject seriously and with a due realization of its tremendous significance. He has apparently fortified himself by an exhaustive reading of contemporaneous authors, especially Krafts-Ebbing from whom he quotes frequently.

In contrast to most writers along this line, Dr. Forel is a bitter enemy of prostitution in all its forms. His objections are based not on moral considerations; but his whole concern apparently is based on the manifest danger of infection and re-infection.

Some of the theories advanced by the author are undoubtedly startling. His conception of a Utopian social system should clearly call forth a storm of protest from Anthony Comstock and his prototypes. His conclusions, however, are backed up by arguments as original as they are convincing and while the average English speaking reader will probably fail to agree with Dr. Fodel for a good part of the way, he will nevertheless find that it will require the exercise of the most careful thought and all his reasoning faculties to successfully controvert these conclusions, if, indeed, he succeed at all.

Let it not be understood that the author advocates immorality, rather a new and saner standard of morality, and a frank and honest adaptation of society to conditions as they actually exist.

E. W. HATCH.

ORTHOPEDIC SURGERY FOR PRACITIONERS, by Henry Ling Taylor, M. D., assisted by Charles Ogelvy, M. D., and Fred H. Albee, M. D., with 254 illustrations. New York and London; D. Appleton & Co., 1909. Pp. 503.

This book was not written for specialists in Orthopedic Surgery, but the aim of the author has been to make it a work which it is believed was much needed by the general

practitioner. The arrangement of topics and the concise style permit a great economy of space.

It will be found on examination that many subjects are treated which are usually omitted from orthopedic text-books: Affections of the sacro iliac joints, the diseases producing deformities (general part). A large part of general practice is made up of crippling affections which could be handled with credit, given the proper information which we believe can be found in this work.

In addition to the special subjects mentioned above, all the usual subjects are handled in a clear, concise and easily intelligible manner. One particularly important deviation from the ordinary form of book, is the separation of the "Technique" from the other parts of the work, so that one does not have to wade through pages and pages of pathology, but turns at once to a complete description of the operation he wishes to study.

The methods are the most recent known, as the authors are in charge of the Orthopedic department, of the Hospital for the Ruptured and Crippled, New York.

Like all Orthopedic text-books, however, and like most Orthopedists, too, for that matter, they frequently treat the effect, as in wry-neck, or cervical or dorsal scoliosis, etc., instead of treating the lumbar rotations which cause these effects. This book, however, is a nearer approach to that truth than any we have seen.

From the point of view of book making, nothing more is to be desired. Paper, illustrations, press work, and all are most excellent, and lend a real charm to an otherwise interesting work.

INTERNATIONAL CLINICS, a Quarterly of Illustrated Clinical Lectures and Especially Prepared Original Articles, Edited by W. T. Longcope, M. D. Vol. III. Eighteenth Series, 1808. Philadelphia and London. J. B. Lippincott & Co.

This third volume of the International Clinics is highly interesting and a very valuable one. There are able articles on a wide range of subjects, but of especial value are the

“Considerations as to the nature of Hysteria, with their application to the treatment of a case, by Dr. Tom A. Williams.

“The modern treatment of fractures by means of Direct Internal Splintage, “by Eldred M. Corner, M. C., F. R.C.S.

“The estimation of so-called Functional Nervous Symptoms,” by G. L. Walton, M. D. The diagnosis of injuries of the Peripheral Nerves from Those of the Spinal Cord, by James Sherren, F. R. C. S. “Studies upon the Etiology of Appendicitis” by Dr. Richard Kretz. The conclusions of this final article are very different from those of “the authorities.” Dr. Kretz says: “Since 1900 I have systematically examined the anatomical and later the surgical material at my disposal, and have practically come to the conclusion that appendicitis begins as a metastatic disease of the adenoid tissue, and that the lymphatic apparatus of the throat and nose is to be regarded as the most frequent primary localization and portal of entry of the infection. . . . An infectious tendency may exist for years in the adenoid tissue of the pharynx- . . . The development of the bacteraemia from the standpoint of the number of bacteria entering the blood, is very decidedly dependent upon the rapidity of the lymph current, as it conveys the disease-producing organisms to the blood; during rest the lymph-flow is very much slower than during activity. Rest in bed during acute inflammations of the throat would therefore be a measure to decrease the intensity of the bacteraemia and thus diminish the danger of the appearance of metastatic infection and appendicitis.”

THE LESSER WRITINGS of C. M. F. von Bönninghausen. Compiled by Thomas Lindsley Bradford, M. D., author of “Life of Hahnemann,” “Homeopathic Bibliography,” “Index of Proving,” “Pioneers of Homeopathy,” etc. Translated from the original German by Prof. L. F. Tafel. 350 pages, 8vo. Cloth, \$1.50. Postage 15 cents. Philadelphia. Boericke & Tafel, 1908.

To the true homeopath this work will be most welcome. In all scientific work the original sources are worth infinitely more than all the copies. As Homeopathy is an exact science original notes on its development and history are of great value.

Aside from the interest in the historic development of Homeopathy,

this work is full of valuable observations on the actions of remedies, studies of their provings, and descriptions of actual cures, both by the low and the high potencies, hints on case taking and the anamnesis, the food and drink best adapted for the patient, etc.

One of the most valuable features of the book is the **REPERTORY OF THE SIDES OF THE BODY**. One division that is most valuable is the so-called "crosswise" or "diagonal" remedies, affecting the "Left Upper side, and Right Lower Side," also "The Left Lower Side and Right Upper Side."

Altogether the "Lesser Writings" are lesser only in extent, not in importance and of real value. It is refreshing to come in contact with the minds of men who have done great work in the cause of Homeopathy.

PERSONALS.

The Chironian, the official bulletin of the New York Homeopathic College and Hospital, contained the following item in the November, 1908, issue:

"On October 8th, the college was honored by a visit from Dr. Henry C. Allen, Dean of the Hering Medical College, of Chicago, who had come East to attend the semi-annual meeting of the New Jersey State Homeopathic Medical Society, at Asbury Park. Dr. Allen was met at the college by Dean Copeland and escorted through the college and hospital buildings, expressing his pleasure at the complete equipment and facilities everywhere apparent. At three o'clock the entire student body assembled in the senior lecture room, where, after a brief appropriate introduction by Dean Copeland, the distinguished visitor was listened to with rapt attention, as he spoke in his accustomed enthusiastic vein of Homeopathy and its truths.

Wherever Homeopathy is known, the name of Dr. Allen is familiar, and no living man has done more than he to spread its doctrines. Such visits as his go far to rekindle the old-time fire and spirit, in those whose good fortune it may be to listen to so able and consistent an exponent of the Homeopathy of Hahnemann.

Dr. L. Grace Spring has had to give up a very lucrative practice in Mexico, on account of the illness of her father. She expects to take him to California and possibly she may locate there.

There is a fine opportunity for some doctor to get good experience as interne in the Hahnemann Hospital at Rochester, N. Y. The term is for four months, and those interested should address Dr. Glen I. Bidwell, 789 South Ave., Rochester, N. Y.

The picture of the class of 1908 is now complete, and being mailed to those members of the class, whose addresses are known to the photographer, Mr. Willard-Jones, 585 Madison street.

Dr. D. N. Gupta is located for the practice of Homeopathy at 53 Esplanade Road, Bombay, India.

Dr. S. M. Jaffer left New York for India January 16th. In the great floods of that country last November his father was drowned, and his mother suffered so much from exposure that she has since died.

Dr. G. C. Emmerson is taking an internship at Lee's Surgical, Medical and Obstetrical Hospital, Rochester, N. Y., and says he is getting a fine experience.

Dr. John Merlin Alford is interne at the Chicago Homeopathic Hospital. As many of the doctors there were not trained as "single remedy" men, they are asking Dr. Alford to do the prescribing for their cases. His prescriptions often produce results so much better than these attained by the alternation of remedies that the doctor is rapidly making fame for himself and for Hering, and for pure Homeopathy.

Dr. E. W. Johannes has opened two offices, one at 1216 No. Spalding Ave., and one at 1063 Milwaukee Ave. The doctor has also been appointed medical examiner to several lodges.

"I consider you HERING QUARTERLY a very creditable

and snappy little publication, and congratulate you upon its success.

JOHN EMERY MCLEAN,

Manager Bond Dept. Am. Real Estate Co., New York."

Dr. H. C. Schmidt, 127 So. Stone Ave., Tucson, Ariz., writes expressing his love for Dr. Allen, and his desire to help on the cause of the "H. C. Allen Memorial Hospital." Dr. Schmidt and his wife are both improving in health, and he is building up a nice practice. He is learning to speak Spanish, as many of his patients speak little English. The nearest competing homeopaths are at El Paso and Los Angeles.

I am in thorough sympathy with the spirit of *The Quarterly*, and am glad to add it to my list of journals.

JOSEPH HASBROUCK, M. D.,

Dobbs Ferry, N. Y.

I have looked over copies of *The Hering Quarterly* and see that they have the right ring.

L. HOOPES, M. D.,

West Chester, Pa

909 E. Huron St., Ann Arbor, Mich., Jan. 30, '09
My Dear Dr. Beckwith:

Your kind note of yesterday at hand.

Yes. I know that our great Dr. Allen has passed away. I knew this the next day the death occurred. I felt very much for the departure of Dr. Allen. He was a great man indeed. The news were also communicated here in the class by the different professors. Especially Dr. Dewey, traveling secretary of the American Institute of Homeopathy, was very sorry for this event. He, too, communicated the news to me and told me that a few days before he took lunch with Dr. Allen in Chicago.

Please extend my sympathy to all Alma Mater in the loss of Dr. Allen, which will be felt not only by the people of this country alone, but in India and Japan too.

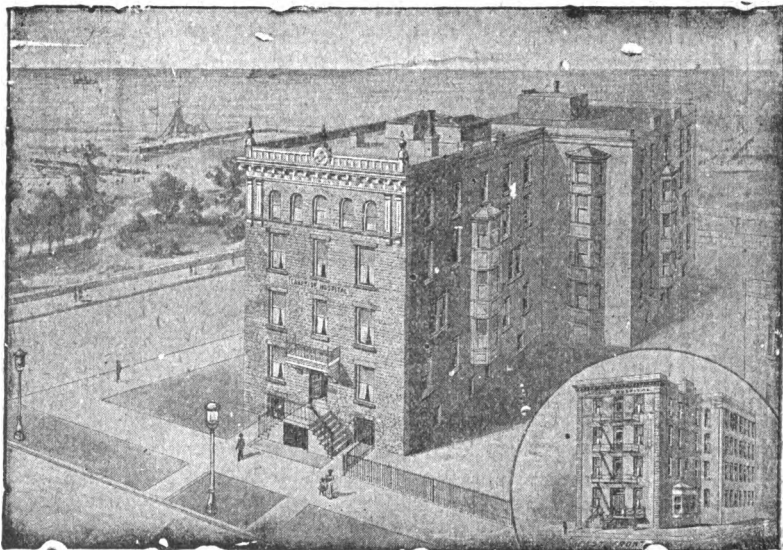
Hoping you are doing fine,

Cordially yours,

D. SHUNKER KAISTHA.

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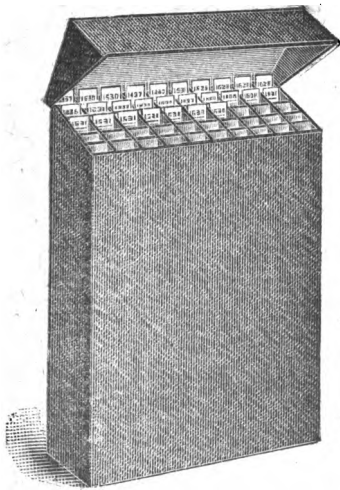
Devices for bathing and other accessories are at the disposal of the physician, while for the treatment of chronic diseases we are inaugurating a system comprising electric light baths, medicated and electric baths, showers, calisthenics and massage, rest-cure and diet kitchens with proper supervision of the quality and manner of preparing foods to suit the individual case.

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

LAURA F. WHITE,
Superintendent of Hospital
and Training School.

R. M. JOHNSTONE, M. D.
Proprietor and Physician and Surgeon in
charge, with staff of consulting physicians.

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A New Edition Brought Up to date and Arranged for Rapid and Practical Work.

BY H. C. ALLEN, M. D.

Only those who use the single remedy will need it. But to the physician who studies and honestly applies it, the expense will be repaid every month in time saved; and a satisfaction obtained in curing the sick that only the correctly applied similitum can give.

Of all the Repertories which have been made none compares as a practical every day working index of the *Materia Medica*, in both acute and chronic diseases, with the original Therapeutic Pocket Book. Its method of applying Rule in §153 of the *Organon* has made it invaluable. The value of a symptom

is given in different type, so that the verified symptoms, the characteristics are readily seen. Notwithstanding its brevity and condensed arrangement hundreds of homeopathic physicians are unable to use it. But the same may be said of other Repertories many times its size. *Jahr's Symptomen Codex*; *Allen's Index*; *The Cypher Repertory*; *Kent's*, *Hughes'*, *Clarke's*, besides innumerable smaller works, are little used.

Dr. William Jefferson Guernsey arranged this scheme for using Bönninghausen so as to avoid the writing of the remedies in every case, and the consequent cancellation necessary. This is by having all the remedies printed on separate slips, to which is attached the individual value of each remedy in that symptom. Each symptom is numbered and the same number and symptom is on each slip. This enables the physician to select the required symptom and compare values very rapidly. We have used Guernsey's work since 1886 and have found it the greatest time saver for finding the similitum and the most correct and ready reference to the remedy, in our experience.

The weak point in the old work has been that it only contains the 126 remedies of the original Pocket-Book. Such remedies as *Act. Apis*, *Bapt.*, *Lil.*, *Pod.*, *Psor.*, *Tub.*, and in fact all the remedies that have been added to the *Materia Medica* in the past 40 years, with their increased values since made by repeated clinical verifications, are wanting.

We are aware that it is a delicate task to assume the responsibility of placing a clinical value on a symptom, but the additions made by *Hering*, *Lippe*, *Guernsey*, *Farrington*, *Raue*, *Dunham*, *Bayard*, *Wells*, *Fincke*, *Wesselhoft*, *Bell*, *Biegler* and others too numerous to mention, should in justice be recorded, and some one must assume the task.

This work is now completed, ready for delivery. It will cost \$15 and only 500 have been printed. Each set of slips (with the Index) will be arranged in a box, with compartments of fifty or a hundred in each. The work has been made as complete as possible. All subscriptions may be addressed to *Boericke & Tafel* 57 Wabash Ave., Chicago.

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"Here is a chance for our friends of the old school to show their fairness by admitting it as a text-book in their own colleges, for we venture the statement that if they will examine this book as we have done they will find it the best work in the English language on the subject."—*Medical Century*.

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"Taken as a whole, the book is by far the best of its kind on the market."—*Critique*.

The above comments are from representatives of every branch of recognized medicine and everyone highly endorses the book.

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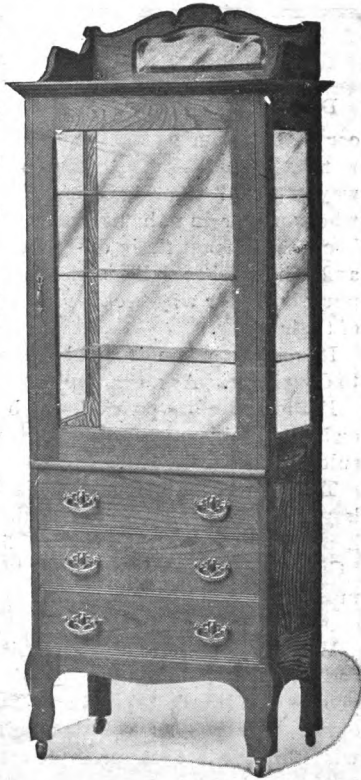
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Style, No. 7 B, with plate glass shelves.....\$25.00

Style 7 D, bevel plate front and plate shelves\$27.50

Finely finished quarter-sawed oak golden oak polish. Door cushioned. Interior in white enamel. Three glass shelves. 67 inches high, 28 inches wide and 15 inches deep.



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Oak, golden oak finish. Door cushioned, inside white enamel and plain glass throughout, beveled French plate mirror, 70 inches high, 26 inches wide and 15 inches deep.

x x

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Clydes

JOY WORK

And the Other Kind.

Did you ever stand on a prominent corner at an early morning hour and watch the throngs of people on their way to work? Noting the number who were forcing themselves along because it meant their daily bread, and others cheerfully and eagerly pursuing their way because of love of their work.

It is a fact that one's food has much to do with it. As an example:

If an engine has poor oil, or a boiler is fired with poor coal, a bad result is certain, isn't it?

Treating your stomach right is the keystone that sustains the arch of health's temple and you will find "Grape-Nuts" as a daily food is the most nourishing and beneficial you can use.

We have thousands of testimonials, real genuine little heart throbs, from people who simply tried Grape-Nuts out of curiosity—as a last result—with the result that prompted the testimonial.

If you have never tried Grape-Nuts it's worth while to give it a fair impartial trial. Remember there are millions eating Grape-Nuts every day—they know, and we know if you will use Grape-Nuts every morning your work is more likely to be joy-work, because you will keep well, and with the brain well nourished work is a joy. Read the "Road to Wellville" in every package—"There's a reason."

Ever read the above letter! A new one appears from time to time. They are genuine, true, and full of human interest.

GLASSES UNNECESSARY.

Eye Strain Relieved by Quitting Coffee.

Many cases of defective vision are caused by habitual use of coffee.

It is said that in Arabia where coffee is used in large quantities, many lose their eyesight at about fifty.

A N. J. woman writes to the point concerning eye trouble and coffee. She says:

"My son was for years troubled with his eyes. He tried several kinds of glasses without relief. The optician said there was a defect in his eyes which was hard to reach.

"He used to drink coffee, as we all did, and finally quit it and began to use Postum. That was three years ago, he has not had to wear glasses and has had no trouble with his eyes since.

"I was always fond of tea and coffee and finally became so nervous I could hardly sit still long enough to eat a meal. My heart was in such a condition I thought I might die any time.

"Medicine did not give me any relief and I was almost desperate. It was about this time we decided to quit coffee and use Postum, and have used it ever since I am in perfect health. No trouble now with my heart and never felt better in my life.

"Postum has been a great blessing to us all, particularly to my son and myself."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. There's a Reason."

Ever read the above letter! A new one appears from time to time. They are genuine, true, and full of human interest.