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ROUTE OF THE PHILIPPINE CABLE

Tacoma Getting In Her Work In Favor of Puget Sound Over San Francisco.

WILL GO VIA ALASKA

More Distance Could Be Saved From Mouth of Columbia, But Oregon Not Trying to Get It.

Tacoma News.

Harrington Emerson addressed a meeting of citizens at the chamber of commerce last evening in advocacy of a cable route from Tacoma via Alaska to China and Japan.

The fact is that the San Francisco-Honolulu route to Manila will cost over \$12,000,000, and probably \$18,000,000 because of the great depth of the ocean traversed and the long links required, whereas the cable from Cape Flattery via Alaska and Japan, with land connections on Puget sound, will cost only between \$3,000,000 and \$5,000,000, and, besides, it will not need to be subsidized. Why will it cost so much less? Well, let us see.

The San Francisco-Honolulu route will be 9,500 miles long, whereas the Alaskan route will be only 2,550 miles. For much of the way the cable on the Hawaiian route would have to be laid in over 3,000 fathoms' depth of water, whereas by the Alaskan route we will have the advantage of 1,000 fathoms or a little over for a larger part of the distance. Again, we will need only six or seven stations with links of only 700 or 800 miles between stations, but the links required by the deep water route from San Francisco will have to be longer ones and this means expensive copper wire, gutta percha insulation, steel sheathing and machinery.

Mr. Emerson presented many more arguments in favor of the northern route and presented against a subsidy. Mr. Emerson is a mechanical engineer in the employ of a wealthy New York and London syndicate, who for the past two years has been making a personal investigation of the Alaskan route. He spoke under the auspices of the Alaskan Geographical Society and urged petitioners to congress calling attention to the vast superiority of the Alaska route.

"JACK'S ALIVE" Philadelphia Record.

There is a new and exciting game in town which is in great vogue among those who are fond of gathering around a table and drinking a few glasses of beer for the sake of sociability. The new sport is called "Jack's Alive," and it can be participated in by any number that can draw up to the table comfortably. When all is ready to begin each player holds in his left hand a stein of beer. An ordinary wooden match is lighted and passed from hand to hand, each player repeating the words distinctly, "Jack's alive," as the fiery ember is passed around the circle. During this process the left hand must cling to the stein of beer, while the right one is used to pass the burning match along. The words ripple around the board with increased activity as the glow dies down toward the unburned end. The excitement increases as the flame gets dimmer, and those who have held Jack still alive to a neighbor heave a sigh of relief in the certainty that Jack will not survive another journey around the table. Finally the ember dies and the unlucky holder is almost raised from his seat by the exultant shout raised from the rest of the crowd: "Jack's dead." The beer in on the one in whose hand the fire dies.

FOOD AND TEETH.

"It is a remarkable fact," said a prominent dentist to the writer recently, "that the teeth of the poor are stronger and last longer than those of the well-to-do classes. The reason for this is that what food the poor give their children is of a variety that goes to make bones and teeth.

"If we do not furnish to the teeth of the young that pabulum they require, they cannot possibly be built up. It is the outside of corn, oats, wheat, barley and the like, or the bran, so-called, that we sift away and feed to the swine, that the teeth require for their proper nourishment. "The wisdom of man has proved his folly, shown in every succeeding generation of teeth, which become more fragile and weak. Our modern flouring mills are working destruction upon the teeth of every man, woman and child who partakes of their fine bolted flour. They sift out the carbonates and phosphates of lime in order that they may provide that fine white flour which is proving a whitened sepulchre for supplying teeth with nourishment. "It makes the dentine cementum, and enamel strong, flint-like and able

to resist all forms of decay. If you have children, never allow any white bread upon your table. Bread made of whole wheat ground, not bolted, so that the bran, which contains the minute quantities of lime, is present, is best. "Nothing is superior to brown bread for bone and tooth building. This is made out of rye meal and corn meal. Baked beans, too, have a considerable supply of these lime salts, and should be on everybody's table hot or cold, twice a week."

STORY ABOUT MERGENTHALER

Memphis Scimitar. Lee Rubie, the pressman of the Scimitar, tells this story about the late Otmar Mergenthaler. One day a stranger came into the pressroom and asked how many papers the press was running off.

"About twenty thousand an hour," answered Rubie impatiently, anxious to get rid of the intruder, and not particular about the truth of his statement.

The stranger stood watching the press pump up and down for a minute or so, and then said: "She is running about 175 a minute."

Pressmen are characteristically sensitive about guarding the secret of the number of papers run off, and Rubie was on the point of "bouncing" the visitor when he quietly walked out of the pressroom and left the pressman wondering who he was.

Later, when Rubie came into the business office, he found the stranger in conversation with a member of the business office force.

When the stranger walked out Rubie asked who he was.

"That man is Otmar Mergenthaler," was the reply.

"Well, I didn't know him," replied Rubie, "but he argued out what that old press of ours was doing to a tee, and didn't take but a minute to do it, either."

When the edition had been run off the pressman compared the time he had been running with the number of papers and found that the stranger had misaid it only about a half of a paper a minute.

OSTEOPATHY AN INSANITY CURE

REMARKABLE IOWA CASE

New School of Medicine Gaining Ground Rapidly in Europe and the East.

The following story appeared in the daily papers of the East one day last week:

NEW CURE FOR INSANITY.

An Iowa Physician Claims That Many Cases Could be Successfully Treated By the Resetting of Dislocated Bones.

By Associated Press. CHICAGO, Nov. 25.—A special to the Times-Herald from Centerville, Iowa, says:

Dr. R. Bernard, the osteopathist, whose cure of insanity by resetting a bone in the patient's neck has excited great interest among the physicians of this section, has been invited to visit the state asylum for the insane, and examine the patients there. At a professional dinner in this city last night Dr. Bernard declared his belief that two-thirds of the insanity cases could be cured by the resetting of dislocated bones. The patient whose cure has brought Dr. Bernard into notice is a wealthy farmer, named Bart Neal, of Piasa, Iowa, who suddenly became maniacal, and was declared to be incurable. Dr. Bernard had him removed to reason 24 hours after resetting the dislocated bone in his neck. Several other physicians were present.

The marvelous cure for insanity at the Iowa Asylum for the Insane deserves the caustic pen of a Dickens or a Reed to properly describe. About three years ago Farmer Neal was severely injured in an accident, several of his ribs being torn loose and his backbone twisted. After suffering nearly a year and a half he came to Centerville, and in three weeks returned to his home completely cured. This was an affront to the "regulars" of his county they could not forgive, as the sequel shows. That winter he gathered a big crop of corn besides doing other work usual on the farm. Then he was thrown from a horse and again badly injured, so much so that he could get neither rest nor sleep, nor freedom from severe pains in the neck. The doctors represented to his people that he was subject to dangerous delusions, and liable to break forth a raving maniac, and advised his confinement in an asylum. He wanted to return to Centerville for osteopathic treatment. This desire was represented as another evidence of his tendency to delusion, and it was threatened if he was not voluntarily committed to the asylum they would make complaint to the authorities and by virtue of their "expert" testimony force the action to be taken. His people finally consented and by their persuasion Mr. Neal himself consented to try the asylum for one month. His shoulders and neck were fixed up with plasters and straps and he was placed in confinement with about 150 insane patients around him as associates. He was given as high as seventeen doses of medicine daily and kept under strict surveillance. He was given a mock osteopathic treatment so brutal in its severity that he

could hardly move for a day or two. This was done to dislodge his mind of the "delusion" that osteopaths could or would benefit him. Finally Mr. Neal found that his only chance ever to secure release from the confinement and horrible associations to which he was condemned was to find a cure while really suffering most intensely all the time. Letters and appeals to his friends outside were too closely scanned by the asylum authorities to be of any use. Finally by suppressing all evidence of suffering he succeeded in gaining permission to go home. En route home he was so weak from the intense nervous strain he had endured that a physician had to be called. Fortunately Dr. Bernard, a graduate of the American School of Osteopathy, was practicing at Centerville, Iowa, at that time, and his father took him there, and while returning from the treatment he fell asleep in the carriage, the first sound and healthful sleep he had enjoyed for months. He returned to his home about the first of November, and in two weeks' time was cured.

What is osteopathy by means of which this cure was effected and how was it done? To answer these questions it becomes necessary for a Sunday Times reporter to wend his way to Broad and Columbia avenue, where there is a brownstone house with a large sign across the front lettered "Osteopathy."

Inside were two young men, Dr. Campbell and Dr. Turner, and Dr. Nettie Turner. They were very willing to assist the seeker after knowledge. Dr. Campbell became the spokesman.

"Oh, yes," said he, "I have heard of that cure. It is only one of the many that have been effected by osteopathy. Cases of insanity like that due to injuries received are often very readily cured. According to the account Mr. Neal received an injury to his backbone. One of the vertebrae became displaced, and in turn brought pressure to bear upon the blood vessels and nerves in the vicinity.

"Now, you can easily see that the blood supply would be cut off. The nerves, therefore, would not get their proper nourishment since the blood supplies that nourishment, and as a result in a little while the nerves would be and in Neal's case became very much impoverished and the suffering patient went insane.

Dr. Bernard first took hold of the muscles of the neck and relaxed them by the manipulation peculiar to osteopathic principles. Then, turning the head to one side so as to get the bones just right, slipped them back to their normal position. Then the vital fluid could flow in its normal channels and reach that irritable brain. So doing he could restore everything to an equilibrium, with the result that the patient got well.

"Of course you are ready to ask, how was the blood made to flow freely? I answer that in this way: The doctor performed a massage that greatly out-massaged massage and was perfectly directed so that the proper muscles were strengthened and pulled the dislocated vertebrae back to its correct position; the pressure was taken away and the blood given a chance to do its work. Nature did the rest.

"I would not have it understood that we are message treaters after the usually accepted meaning of the term. We are not. We go further than "the rubbers" do, and we accomplish results by the science of osteopathy that are not dreamed of in medicine.

"The basic principle of osteopathy is that if the body organism is in perfect order every body tissue and structure performs its part without interruption, the body structure representing the frame work upon which the other tissues of the body are built and to which they are attached. Hence, osteopathy makes use of the bone framework in establishing landmarks for physical examination and as a means of restoring misplaced parts of the body. According to Dr. Still, the first osteopathist, the bones become the basis and medium of operative manipulation, so that osteopathic manipulation represent the medium of therapeutic action.

"The essential principles of osteopathy have been set down as two-fold—1. 'Health is natural; disease and death between the time of birth and old age are unnatural.' 2. 'All bodily disorders are the result of mechanical obstruction to free circulation of the vital fluids and forces.'

"An osteopathist must have an accurate knowledge of the anatomical structure and physiological functions of the body organism. Nature has placed within the body certain vital forces, vitalized fluids and vitalizing processes, and activities which in harmonious accord with one another maintain the normal equilibrium of the body mechanism; and disturbance of these forces, fluids or processes and any interference with their activity, circulation or distribution involves the absence of harmony and interference with the body order. Osteopathic manipulations aim to restore these to their normal condition, so that the body may regain its normal functional equilibrium and form. In this way osteopathy claims that life is revitalized and strengthened by vital forces, vitalizing fluids and processes, disease being removed or overborne by getting rid of an abnormal structural alignment that produces disharmony in the body and prevents normal functional activity.

"The name osteopathy was applied by Dr. Still to the new science on account of the fact that the displacement of bones occupied the first place in the catalogue of causes or lesions. In the order of discovery by himself, producing diseased conditions. Like every other name given to a new science, it does not include all that the new science embraces, but indicates the germinal point from which the new science

started. Osteopathy represents a new science of pathology and a new science of therapeutics. The practice of medicine is not covered by symptomatology and the prescription of some medicinal drug or drugs.

"Osteopathically it means the discovery of the cause or causes of a disease and the correction or removal of the cause or causes of the disease. Pathology conditions may be summarized under three heads: First, misplacement of bone, cartilage, ligament, muscle, etc.; second, disturbances of the fluids of the organism, including the blood and lymph; third, disorders or derangements of the nervous system. Corresponding with these in osteopathic therapeutics we find, first, scientific manipulations that aim to correct displacements in the bony or cartilage structures of the body; second, scientific manipulations that are designed to rectify the disturbances in the circulation of the body fluids and to restore their normal condition; third, scientific manipulations that utilize the nervous system with its fibers and centres with the view of correcting them.

"Every practitioner will tell you that it is utterly folly to talk of curing insanity by means of medicine. But insanity is not the only serious affliction that flesh is heir to which osteopathy has cured. We have cured 'hopeless' cases of locomotor ataxia right here in this city.

"But it may be objected, osteopathy is not recognized academically, professionally nor legally. To such objections simple facts make sufficient reply. Osteopathy is young. Her literature is as yet but scant, and save the Royal Society of London, England, no recognized scientific body has thoroughly investigated her claims. The members of that society bestowed upon Dr. J. Martin Littlejohn, F. R. S., (London), the gold medal in appreciation of his most able article on 'Osteopathy,' read before that august assembly last July, it being considered by them the most original contribution to modern scientific thought. At home no such opportunity has been afforded, so that from an academic point of view her pretensions are unknown. Professionally, again, her youth is a fault, but youth is a crime that time shall soon expiate, and the on-rushing future holds many certainties, of which none are more sure than the universal recognition of professional osteopathy. Legally it has status. Some eight states of the Union, among them Massachusetts and Vermont, permit its practice, and the day is not far distant when popular voice will demand the recognition of a fourth school of medicine, for though somewhat paradoxical to use that term, osteopathy is rapidly winning its way as a system of healing and is fast assuming a dignity which is becoming both to its intent and to the benevolent nature of its possibilities."

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