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Work.

"Let me but do my work from day to day
In field or forest, at the desk or loom,
In soaring market-places or tranquil rooms;
Let me but find it in my heart to say,
When vagrant wishes beckon me astray,
'This is my work, my blessing, not my doom;
Of all who live, I am the only one by whom
This work can best be done in the right way.'
"Then shall I see it not too great, nor small,
To suit my spirit and to prove my powers;
Then shall I cheerfully greet the laboring hours,
And cheerful turn when the long shadows fall
At eventide, to play and love and rest,
Because I know for me my work is best."

The dairy cow is proving herself to be the greatest mortgage litter Oregon has ever produced. More of our farmers ought to be making her acquaintance.

This office has under advisement a plan for setting aside a "sinking fund" to be drawn on for an occasional "handout" to members of the army of tramp printers who pass this way.

In the legislative assembly next winter made up of ninety members, the democratic party will be represented by seven members, six in the senate and one in the house. It will be an easy matter for the one lone member in the house to call a committee meeting at any time to consider matters of interest to his party.

Prior to the election the mayor and council of the town of Weston issued a circular calling on the people to vote for the licensing of saloons and arguing that the license money was needed to defray the running expenses of the town. The admonition was heeded and Weston went wet. This is where one of our so called Normal schools is located and a great place it is to send young teachers to get high ideas of life. How would it do to ask the mayor to furnish the school a text book on "Political Economy?"

If the published statement is true that one of the members of the faculty of Willamette University has been let out on account of his having incurred the displeasure of some of the business men of Salem, by attempting to have the saloons closed on Sunday, it certainly don't speak very well for the trustees of that institution. If this is the view the managers of Willamette take of such matters, people will begin to wonder if a mistake has not been made in bringing the remains of Rev. Jason Lee, the Methodist missionary, back to Salem for burial.

The average farmer is always overwhelmed with work and this is the explanation of the untidy appearance of many farms. And yet, somehow, the farmers that prosper are more apt than others to be those who have always kept things looking attractive about their places, suggests the Oregon Agriculturist. It is going to pay the farmers of Western Oregon individually and collectively to make things look attractive on the farm. It is worth a great deal of money to a country to be attractive in appearance and we have great possibilities in that line.

The following, where a moral is clearly shown, is taken from an exchange: Recently a church congregation in a little Kansas town built a new church. To pay for it they were obliged to call on the merchants of the community for donations. The merchants responded liberally and \$300 was raised from this source. The last man asked to subscribe was John Smith, jeweler. "I will give you \$5 if you will let me add something to the sub-

scription list," he said. The permission was accorded him and he wrote at the foot of the list:

John Smith, jeweler, \$5
Sears, Roebuck & Co., \$0
Montgomery Ward & Co., \$0
The church people saw the point when the minister read the list of donors to the building fund from the pulpit, and since the dedication of the church there have been no mail orders sent out from that Kansas town.

The Washington Co. News says: "For the fifth time, Alonzo A. Phillips, of Cornelius, Oregon, has led a blushing bride to the hymeneal altar, the last time being May 30, when he was married to Mrs. Leonia Craig, of Manchester, N. H., at 271 College street, Portland, Rev. Henry A. Barden officiating. Mrs. Craig was a widow, possessed of a \$15,000 estate, left her by her former husband, on condition that if she married again she would forfeit the snug nest egg. When she met Mr. Phillips, however, she lost no time in parting with her \$15,000, as she considered she could do better than retain it. The \$15,000, however does not leave her family, but has been handed over to her grown son."

There are many wives who would part with the husbands they already have for a much less sum than that named above, and consider they were driving a sharp bargain.

Examination of the Back.

For the Osteopathic doctrine to be taken up by "American Medicine," one of the foremost weekly publications of the "regular" school, in a recent editorial, and flaunted to the breeze as the thing, was an eye opener to some of the "regulars." The article in question was by the venerable Dr. George M. Gould, probably the best authority in medical journalism to-day. It is frank and convincing.

"BACKACHE."

"We are glad to see in the Monthly Bulletin of the Indiana State Board of Health, an article on 'backache,' because this and many similar subjects greatly need ventilation. Dr. Hessler thinks backache especially needs pure air, because he contends that nine tenths of the cases in which the symptom occurs are due to infected dust. To this theory of the etiology we, of course must disagree.

"The Osteopath is reaping a harvest because the 'regular' has been culpably neglectful of the need of examination of the backs of his patients. Thousands of patients—if not millions—are to-day suffering from mal-formed, ill-shaped backs and curved spines, and are treated for every ailment to be thought of, while neither practitioner nor patient has the least idea of the true cause of the symptoms, and the back is never examined." (Just what the Osteopaths have long said.)

"The vertebral column may show all sorts of abnormalities. One shoulder blade may be higher than the other; certain muscles are knotted and hard and bulging; certain others, soft or atrophic, the spines of some may protrude in a noteworthy prominence; others may seem wholly absorbed.

"It is when these troubles are beginning and still functional that the wise physician's interference is needed. But what medical college teaches the art and science of examination of the back? Who thinks of it?"

It is indeed encouraging to note that this leader of the medical press should adopt the noble policy of aiding medical practitioners to get abreast of the times. Dr. Gould, besides editing "American Medicine," is the author of "The Illustrated Medical Dictionary" and was "President, 1893-1894, American Academy of Medicine."

It is true, as the representative medical papers of the land month after month are telling their readers, that "The whole profession and even its colleges are behind the times in important respects." "That must have been

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Dr. Arnold's opinion too (quoted in last week's article) when he said that "internal conditions manifest themselves by certain distinct signs that may be observed by the proper examination of the back."

Dr. Gould's disagreement with Dr. Hessler's theory of the 'etiology' (cause of 'backache' being 'infected dust' is another of the good "Signs of the Times."

These bacteria (little bugs) or 'germs' have been a great "scarecrow" to the Medical Profession. Osteopaths do not deny the existence of germs: We know they exist and must be dealt with. The thing to do is to keep the body in normal anatomical alignment; then it can perform its physiological functions properly; This means health, and the body can readily resist all invasion.

If any part of the body is weakened by disease, germs can gain a foothold there and multiply. But as long as the body is kept healthy there isn't the least danger in the world from germs. If this isn't true why is it that sometimes one or two children out of a family of five do not have diphtheria? It is a very infectious disease, caused, so the "regulars" say, by a specific germ, the Klebs-Loeffler bacillus. No germ can exist, or even gain a foothold, in healthy tissue.

There is where the good work of the osteopath comes in: The treatment, taken in time, is a prophylactic i. e. It prevents disease. It keeps the body healthy. There is an old "saw" that runs like this: "An ounce of prophylaxis is worth a pound of cure." But to revert to Dr. Gould's frank question: "What medical school teaches the art and science of examining the back?" None but the Osteopaths', of course! The Old Schools do not take into account these departures along the spine and elsewhere from the normal. Not studying these things, they cannot know how they could produce ill health. That it does so has been proven in thousands of cases by the osteopath. They are the real first cause of disease.

Osteopaths make a special study of applied anatomy, such as no other medical school does. And they, of all physicians, best understand the spine.

We know there are some doctors, who condemn osteopathy through prejudice yet since the leaders in medical thought, such as Dr. Arnold, of Philadelphia; Dr. Leavitt, of Minnesota; Dr. Pratt, of Chicago; Dr. Gould, of Philadelphia; Virgil P. English, M. D., of Cleveland, Ohio, and M. F. Pilgrim, M. D. of Cleveland, Ohio, are endorsing us we can afford to bide our time. We know that more and more of them will follow in their footsteps, for, those who honestly investigate our claims can not fail to see their rational nature.

DR. HOMER D. BOWERS.

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