

# How To Use a Doctor.

AN-APPEAL TO THE SCHOLARSHIP OF AMERICA.

## CHAPTER II.

Last week I pointed out that many of us were tired of merely repairing broken parts of the physical machinery, diseased "end products," or results, and that we preferred to serve the people whose disease was in a curable stage, however essential surgery might be when necessary, that we might give them a chance for the present and prevention for the future. We feel that a physician has a right to be honest and to render intelligent, efficient and sincere professional service, just as we demand of the grocer, the drayman, the jeweler, or any other business man, and I gave a list of questions which the patient could ask the well qualified physician, most of which would indicate symptoms of functional manifestations of disease.

The functional manifestations of disease are always associated with pathological bio-chemical changes, or metabolic disorders, as well as abnormal psychological manifestations, which are the fore-runners of a majority of the diseases that exact a death toll of a million and a half human lives in the United States every year. These diseases or conditions leading to inefficiency, weakness, morbid anxiety, unappetence, gross pathology and death are amenable to diagnosis and treatment long before people generally seek aid from a physician, because we have not taught them to realize the necessity of consulting the well qualified physician in time to render them the most efficient professional service. In fact, how many physicians are qualified to diagnose and to treat disease in this early curable stage? Why should I practice medicine in Omaha for five and a half years without a single death from disease, while over nine thousand people have died during that period?

There is a reason and I will explain it to you:

At the present time, as in the past, the Hospital and the experience derived from the Hospital treatment of disease, is the "unit of medical education." This idea has been recently championed by Sir William Osler, formerly of this country, but now, Regius Professor of Medicine in the University of Oxford, England. In the Hospital, or in the medical school, the student, or the graduate, is trained to treat the mature disease, or "ripened fruit," has already arrived. This I know, not only from my own observation in Hospital in all sections of this country, but from the actual reports printed and sent out by the Hospitals themselves.

Sir James MacKenzie, one of the world's most renowned physicians, takes the stand recently that the present method of instruction, teach physical signs only, or at least chiefly, and that herein they are defective from the viewpoint of the practical physician, whose work is in the interest of his patients. His teaching is, as the editor of the New York Medical Journal points out (Feb. 21st, 1914), that disease is usually well advanced when it is productive of physical signs, and that it should be the physician's endeavor to learn how to make a diagnosis of a disease when it is in its incipient stage, that is, before organic changes have taken place, with the consequent appearance of physical signs, in the absence of which he is at a loss to know how to treat the patient or to make a diagnosis.

This view point, just now being advanced by the London physician, and the truth in it being emphasized by the Editor of the New York Medical Journal, "one of America's most scientific physicians," is in harmony with the ideas that I have been teaching and preaching to the Medical Profession for the past fifteen years, by personal lectures, by a book now in its third edition, and by 21 Medical Journal articles, written during my five years' residence in Omaha, and published in leading Medical Journals in the United States, all of which have been strongly endorsed and sustained by leading scientific physicians and medical journals.

By making application of scientific knowledge to believe, correct, or re-establish functional activity, by methods which have been recognized and accepted by all scientific physicians, I have been able to practice medicine for five years or more in Omaha without a single death, save one suicide who positively insisted that he never had no desire to get well. I will never risk my reputation by accepting another such patient, but we only learn by experience.

That the instinct of self-preservation, under our competitive system of medical education, has prevented our schools from equipping their graduates to treat functional, mental and physical disorders in their incipient, so as to prevent their developing into gross pathology and falling into the hands of those who do large profits from the ignorance of our medical schools to step forward in partnership with the knowledge now available, and make practical application of it in the treatment of functional, mental and physical disorders, which, if neglected, are sure to result in gross physical manifestations of disease, such as make surgical operations a necessity. Their neglect is the frequent cause of thousands of unnecessary deaths from both accidents and disease, and of insanity, suicide, murder, and defective offspring as well. When taken in their early stage, such as when a patient can go to a physician's office, these conditions which lead to the development of disease, that over sixteen hundred Omaha people die every year, are easily cured by appropriate psychological, physiological and physical agencies, applied to enlighten the psycho-physical potentialities of each individual patient as requirements demand after a painstaking

study, analysis, or diagnosis, mental and physical, of the case under consideration. Such work requires patience, qualification, and a high order of professional personality. It means real work in behalf of those needing our assistance, and undaunted courage as well. While such service costs more than a "hand me down," or "cut it out," or "rub it away" pretense, it is highly satisfactory because it brings relief for the present and prevention for the future. This, at least, has been my experience, where the patient possessed sufficient intelligence to co-operate with me in my efforts, or to execute the regimen for his or her part of the treatment, used in conjunction with vaccine, x-ray and chemo-therapy, where such measures were indicated.

Besides being a regular physician, I am a licensed druggist, or I am entitled to same, having been a practical drug store man during the first four years of my life as a physician, and was duly examined before an authorized State Board of Pharmacy, not having received by certificate because I went out of the drug store business and did not care for it. I can easily obtain this "ornament" at any time it is desired, by putting up the fee.

I mention these things because I want it distinctly understood that I am first and last a scientific physician, and that I have no fight to make against any well proven method of saving human life. However, experience has convinced me that my best results are obtained from psychological and physiological or physical methods other than drugs, save where necessity absolutely demands it, such as in the treatment of specific infections. Experience is our real light. We know of no other means of trustworthy guidance, or of efficient professional service.

Even in many manifestations of "gross pathology," where the employment of the knife was ineffective, I have gotten results that were highly satisfactory to myself and patients by what I might designate as psycho-physio-chemic treatment, having had due regard for psychopathogenesis, and psycho-physio-chemic diagnosis, make use of all methods of scientific knowledge, as applied to the treatment of disease, according to my ability.

I have demonstrated my ability as an able and successful teacher of clinical medicine, according to the written testimony of several thousand of America's best known physicians, but I have not a professorship in a medical college to advertise my, though I have certificates of professional efficiency, honesty and ability from more than 100 other professors of high standing than any other physician in the United States and from thousands of practical physicians as well, and I hereby challenge any man or combination of men to prove that what I say is not true. What is a college diploma, except a certificate of efficiency?

Further challenge anyone to prove that they have obtained more satisfactory results, as measured by the welfare of the patient, from a period of five years' professional work than my own has yielded, especially in reference to "successful results" with patients on whom so many "big Physicians" had failed to give relief.

As soon as I am ready to announce it, I shall conduct a clinic for the benefit of the many of my collectors in various sections of the United States who have desired technical knowledge of the methods being employed by me, though I want it distinctly understood that they will not come in contact with my private patients. I shall conduct a free clinic for the purpose, in the City of Omaha.

The truth of the matter is that there are thousands of General Practitioners and Specialists in the State of Nebraska and in other sections of the United States as well, who are endowed with the highest possible type of psycho-physical potentialities, though they do not know it. They have not yet found themselves. All they need is a more enlightened conception of professional personality. I will go out to where they are, through these articles and Medical Journal articles, and help them to find themselves, and they shall help their patients to become efficient, capable and happy—*mens sana in corpore sano.*

You are reading articles that will have National reputation. It is more than likely that they will be copied by the leading Medical Journals and read by Physicians in all sections of the United States. Every one of them will be "an eye opener." The liar, the thief and the deceiver will be along after awhile. Whenever a man steps out from the herd for the common welfare of mankind, preferring to be honest rather than to "cut," he is assailed by those who see their ill in his rise. This is their only means of defence. Such matters are settled by the law, local and national, the higher arm of Therapeutics. Let them come. In the interest of the lives of the citizens of the State of Nebraska, and of the entire United States, thousands of whom are needlessly dying every year, I challenge "The Powers That Be" to prove that what I say in this paper is not true.

I have mentioned my qualification and experience in regular practice with considerable reluctance, but was finally compelled to do so because of the necessity of saving myself from being classed with those who, without the broader knowledge of scientific Medicine and Surgery, champion some "ism," which they would not be capable of interpreting if it really possessed merit.

HENRY S. MUNRO, M. D.,  
204-B Brandeis Theater Building,  
Omaha, Nebraska.

## GERMAN MILITARY ABSOLUTE

Civil Authority Gives Way to It Everywhere in Kaiser's Domain.

### OFFICERS HAVE LAST SAY

Their Decree in Most Circumstances is Final and Co-operation Between Army and Civilians is Poor.

(Correspondence of The Associated Press.)  
BERLIN, Oct. 31.—To say that civil authority in Germany has everywhere given way to military government would be to overstate the case, and yet it is true that within its own field of affairs the military is not only absolute, but also at times inclined utterly to disregard even the highest state officials. This prevails to such an extent that passes, for instance, from the minister of foreign affairs are only valid when some army officer is disposed to recognize them.

The foreign correspondents left in Berlin have recently had occasion to witness the working of military government. The foreign office sent to them, unsolicited, an invitation to visit the war prisoners' detention barracks at Döberitz, some fifteen miles outside the capital. The newspapermen assembled at the time and place directed. With them were Captain Lochner of the imperial admiralty and several high officials of the foreign office. The commander of the military camp, an officer general, approached the group and addressed them as follows:

"Nobody will be admitted to see the prisoners," he said. "And as long as I am commandant here, the same rule will prevail."

He turned his back on the state officials and newspapermen and strode back to his room without a word of explanation. The fact that the visitors were present by invitation of the government made no difference to him.

The civil officers of Germany realize that the fact that the neutral nations are getting so little news from the German side is in no degree the fault of this lack of co-operation between the civil and the military officials. If the former could in any way, the foreign press service from Germany would be much more nearly complete, but they are biggled by this attitude of the army officials.

## German Band Plays Lively Tunes with Soldiers in Battle

(Correspondence of Associated Press.)  
BERLIN, Oct. 31.—A concert in the firing line is thus described by Bandmaster Adolf Becker with one of the German armies in France:

"After a long march we went into camp at 6— and promised ourselves a good night's rest. At 2:30 o'clock we were suddenly and rudely waked up; our outposts had come into touch with strong French forces, and the whole camp suddenly became alive. A sharp fight was soon in progress. The French artillery was firing incessantly from a covered position. Their shells came with a sharp whizz, to explode with a mighty crash. Their infantry also kept up a hot fire. I went forward with my musicians in a covered position and met Colonel von R., who ordered me to concentrate my part in this infernal concert. I ordered forward my clarinet and my most advanced trench, asked them to get out their instruments, and we played to the great amusement of the troops the beautiful air: 'I Feel so Fine in the Evening.' After some time the moon came out from behind a thick bank of cloud and lit up the battlefield with its burning shells, and we gave it a welcome with the melody, 'Good Night, You Move so Quietly,' and the soldiers joined in with spirit. Sometime later the French attempted a forward movement, and we promptly received them with 'Dolly, You Are the Light of My Eyes.' The French did not seem to trust this assurance, however, for they hastily withdrew, to the resounding laughter of our men, who did splendid shooting. In order to make it clear to the French that they had in their front, I next struck up the 'Rally Boys, March,' and just as the rising sun was coloring the east blood-red, I closed the concert with the hopeful choral, 'Fare You the Morning Star.' Many of the soldiers, holding their rifles in firing position, joined in lustily."

Becker has recently received the Iron Cross in recognition of his bravery.

## French Wheat Crop Ten Per Cent Below That of Last Year

(Correspondence of The Associated Press.)  
PARIS, Oct. 31.—The wheat crop, which at the beginning of the war was the authorities anxious, has been safely garnered. The agricultural department estimates the yield at 30,000,000 to 30,000,000 metric hundredweight, which is more than 10 per cent below the yield of 1913. France consumes 30,000,000 hundredweight, and since 10,000,000 hundredweight is required for seedling, the shortage will be from 10,000,000 to 20,000,000 hundredweight. With the duty on cereals suspended this shortage will be easily made up.

The best root crop, which is very important in the north of France, furnishing the raw material for a great many sugar refineries, has suffered from the German occupation. The refineries are unable to work for some time. In consequence there has been an advance of 3 cents per pound in the price of sugar and the public has been warned that a further advance is possible.

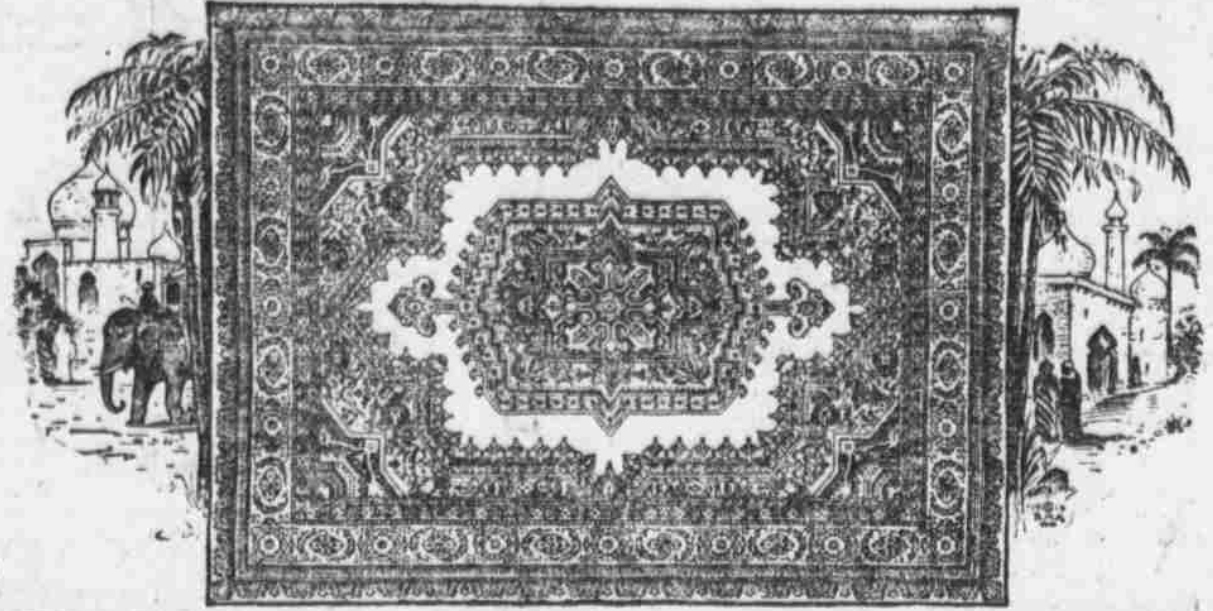
Next to the best crop the most important product in the region of the military operations is champagne. All of the Champagne vineyards were temporarily in the hands of the Germans and the heavy fighting of the battle of the Marne extended over the entire length of the wine-growing country. The damage to the crop seems to be less than was expected. Around Epervain in particular the vines seem to have been intentionally spared by the Germans, as well as the French, but in other regions the terrible artillery fire that raged for days works great havoc among the vines. From the reports indicate that around Rheims the crop is entirely lost, while further south it has suffered comparatively little.

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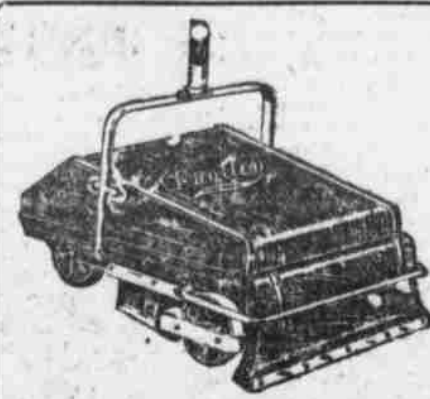
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European Struggle Totals Tremendous Expense for Six Countries.

### RUSSIA HEADS THE LIST

Germany is Next, and Following are France, England, Austria and Others Who are Non-combatants.

(Correspondence of The Associated Press.)  
PARIS, Oct. 31.—The war bill which Europe is meeting daily is now figured up as follows:

Russia	\$14,000,000
Germany	7,250,000
France	7,000,000
England	5,000,000
Austria	4,000,000
Various	3,000,000
Total	\$40,250,000

The French appropriation is from official figures as announced by M. Ribot, minister of finance; the English estimate, by the London Statist; the German total from "an authoritative source" in a Geneva paper, and the other sums from various conservative estimates which have appeared in one place or another. The item "various" represents the probable expense to which Serbia, Belgium and the neutral countries of Switzerland, Italy, Rumania, Turkey, Greece, Holland and Denmark have been put.

The vast total does not include the destruction of property where fighting is taking place, nor the well-nigh incalculable losses to Europe of 20,000,000 men under arms being taken from production. There are no indications in France that exhaustion has set in, but it is evident that the accumulated treasure of even the richest country on the continent is being poured out at a rate that adds \$200,000,000 a month to the national debt.

## England Getting Opium from Orient

(Correspondence of Associated Press.)  
LONDON, Oct. 31.—The increased British demand for opium due to the war, is being met by imports from the Orient. There has been no advance in the price of Persian opium, and the Turkish has increased only a shilling to the pound. One ship arriving at London the last week brought 128 cases containing 130 pounds each, and there is a plentiful supply with the dealers.

It is believed by the English that Germany is running short of this drug, so important in the emergency hospitals at the front. At least Germany's importations are cut off entirely, and its supply in store must be carefully guarded.

## American Embassy Is Closing Accounts as Tourist Consoler

(Correspondence of The Associated Press.)  
PARIS, Oct. 31.—The American embassy is winding up its affairs as a bank, ticket agency, charitable society and consoler of Americans caught in Europe by the war. Ambassador Herrick has had the services of a dozen young American army officers who were taking courses in French military tactics at the outbreak of the war. The War and State departments in Washington attached the officers temporarily to the embassy. The ambassador has also had the voluntary help from Americans who happened to be in Paris, and at one time the embassy staff numbered forty-two.

Colonel Spencer Coxy, the military attaché, is charged with relief work. They have paid out about \$120,000 deposited at the State department for Americans in France. They have also arranged for \$40,000 worth of steamship transportation. They have cashed checks, letters of credit or promises to pay to the extent of \$15,000. The relief of destitute Americans has been managed through the charity organization of the American Protestant Episcopal church and none of the State department money has been used for that purpose.

Other contracts they are as yet unable to place, which could be easily taken by American manufacturing agents were they in the field. The greatest wastage in the war has been in the motor vehicle line. Not only are the cars raked to pieces by hard service, but large numbers are destroyed by shells. British manufacturers have not the equipment to supply this wastage. Russia is not a manufacturing country, and the factories of France have been largely destroyed in the north and in other parts are shut down because of the lack of hands.

McLary to First Sack.  
Manage Jack Hayden of the Louisville Colonels plans to transfer Folly McLary from second base to the initial cushion next year. Ed Weinberg, who was the Colonels' first sacker this year, likely will be disposed of.

## Cotton Spinners in England Hard Up for Material

(Correspondence of The Associated Press.)  
LONDON, Oct. 31.—Only in cotton spinning a British industry suffering in addition to supplying the expeditionary force and the new army with clothing and equipment, Russia has placed orders for 1,000,000 pairs of boots and the British woolen mills and shoe factories have

walks are raised considerably because of the danger of floating mines. Two Norwegian steamers have thus far been blown up by these mines. The fishing fleet has kept at work in the North Sea and had very good catches.

Miss Amalie Ruzicka, Prague, Oklahoma. Her Neglected Cold Caused Serious Illness.

Prague, Oklahoma.—"I have suffered with catarrh of the throat. I caught cold and it settled in my throat, and I coughed badly, and was very weak. I could not sleep and had no appetite. I had two doctors, and had taken so many different medicines and found no relief. Those who object to liquid medicines can now procure Peruna Tablets,

## Catarrh of Throat Relieved Gives Peruna the Credit.



help. I thought, I will have to give up; but at last my mother read about Peruna, so I thought of trying that great medicine. Peruna. I got a bottle of it, and in about four days I almost stopped coughing, and after a while I surely found relief, and from that time we are not without Peruna in our home."

## No More Desire For Tobacco

Arthur Krouse is a locomotive fireman who had been using tobacco since he was a boy. About two years ago he began to have spells of illness. His memory was getting very bad and his eyes bothered him a good deal. He had tried in vain to conquer the habit until he got a certain book and now he is freed from the thrall of tobacco and his health is wonderfully improved. He desires to know how you can obtain it absolutely free by writing to Edward J. Wood, 211 E. 13th St., New York City. It tells how the habit of smoking, chewing or snuff taking can be conquered in three days.—Advertisement.

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