

Alternative Medicine

As science and technology have progressed some forms of medicine have been left behind as people learned more about how our bodies work. Such things as the study of Phrenology, using the shape of a person's skull to determine their personality traits, or making poultices of animal dung for scrapes and cuts, have thankfully been removed from modern medical care. Some remedies such as patent medicines, have changed form somewhat and taken the shape of homeopathic or infomercial medicines. Some items are associated with myths or unsubstantiated claims of curative powers, such as the use of precious metals or crystals, incense, and magnets. While many believe in treatments such as these, today's scientists have controlled clinical trials that can prove or disprove alternative medicines.

Beats The Civil-Service Commission.
Dr. W. H. Barker, the thoroughly posted phrenologist of Swansboro, has been lecturing this week at the Opera House, to large and well pleased audiences. His deliniation of character, as read by head bumps, is astonishingly true and very amusing. If President Cleveland wishes to avoid all mistakes in his appointments, he ought to get the Doctor to examine the heads of all applicants for office. He beats the Civil-Service Commission. —*Kinston Itemizer.*

The Daily Journal, Nov 29, 1885

In the eighteenth and nineteenth centuries it was believed that the brain's shape indicated how a person would act and what tendencies their personality might have. Believing that the skull mimicked the brain's shape, phrenologists professed to be able to measure the shape of a person's skull and then predict their personality. Dr.

William H. Barker, a Scotland native who lived in Onslow County, practiced phrenology and gave lectures on the topic around North Carolina. He was also a driving force for the bridge across the White Oak River at Stella, and it is believed that he may have paid for it himself.

Some remedies developed as patent medicines are still in use today. Products like the one advertised here are still touted to help with symptoms related to the common cold.



The Daily Free Press, Jan 2, 1923

Alum Springs Water.
The first volume of the geology of North Carolina contains the following analysis of the celebrated Alum Spring near Catharine Lake, in Onslow county. The figures represent the number of grains of solid matter found in a United States standard gallon:

Organic and volatile matter	5.16
Silicic acid	1.65
Oxide of iron	
Alumina	3.80
Lime	4.80
Magnesia	0.49
Sulphuric acid	0.25
Chlorine	0.92
Total of solid matter	17.07

The Daily Journal, Feb 5, 1884

A change of climate has often been used as an alternative medicine, especially by the wealthy. During the late nineteenth century Catherine's Lake, in Northwestern Onslow County was one such area, with a temperate climate and restorative waters that were deemed beneficial for northern invalids.

A Winter Health Resort.
A week ago we published the analysis of Professor Kerr of the Alum Spring, in Onslow county. Since then we have obtained from Colonel McGehee, the efficient head of the Board of Agriculture, sundry statistics compiled by Mr. T. C. Harris, of the State Geological Rooms, of the statistics on file there through a series of years. These show that the mean annual temperature of New Berne is 61.08 degrees Fahrenheit, and of Wilmington, 63 degrees Fahrenheit; the mean annual rainfall of this city is 62.4. The comparative humidity of the climate of this section as contrasted with other places South is as follows: Wilmington, 57; Charlotte, 65; New Orleans, 86, and St. Louis, 67.
Now examine the following tabulation of annual temperature and rainfall for this highly favored section.

NEWBERN.				
(Mean Ann'l Temp. 61.8°)	Rainfall, Ann'l,	76.5.		
Spring.	Summer.	Autumn.	Winter.	
Temp. 59	78	63	46	
Rain. 17.4	23.2	15.8	20.1	

WILMINGTON.				
(Mean Ann'l Temp. 63.0°)	Rainfall, Ann'l,	62.4.		
Spring.	Summer.	Autumn.	Winter.	
Temp. 62	79	63	48	
Rain. 11.9	13.4	17.5	14.6	

Rainfall is expressed in inches and tenths. Temperatures—Farenheit's thermometer.
From the above we see that the country in Onslow between Catharine Lake and Alum Spring, which is about midway between this city and Wilmington, has a climate and all other conditions suited to the needs of Northern invalids, add to this its attractions; because of boating, driving, fishing and hunting facilities, and we challenge the world to produce its equal as a winter resort for the invalid, the sportsman, or the mere pleasure seeker.

The Daily Journal, Feb 15, 1884

