Confucian doctors treat the emotions, spirit and body

Professor at the National College of Natural Medicine touts the merits of this health approach

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Fall is the year of when the bug travels around. Those who have it are trying to get rid of it, and those who don't have it are fighting for their lives to stay healthy. Is it more than just a bug that's traveling around? Is it just the physical symptoms that are keeping everyone sick and tissue-stricken? A professional in Chinese medicine says otherwise.

Heiner Fruehau, a professor from the National College of Natural Medicine in Portland, explained the premise of Chinese medicine in a presentation on classical Chinese medicine Tuesday night. He said emotion is directly related to the physical condition and that the Chinese believe there are two elements to the human being: physical and spiritual.

Fruehau argued that modern science has neglected the invisible realm of human beings when diagnosing problems.

"Every symptom is a sign that points toward the invisible," Fruehau said. "The material world points back to the energy and thoughts that created it."

He argued that if doctors today would pay attention to the emotional and spiritual side of our beings, they could properly treat and diagnose patients. He came to this belief and conclusion through his own experience.

Fresh out of college at the age of 27, Fruehau went to the doctor because he knew something was wrong with him. After various tests and MRI scans, his doctors couldn't find anything wrong.

Shortly after, he was diagnosed with testicular cancer. He survived, but he said he knew there was something wrong with him far before the appearance of his physical symptoms.

Determined to find an explanation, he soon became interested in the philosophy and cosmology of Chinese medicine.

Because of this intense interest, Fruehau declined a position as a Chinese literature professor at Harvard University and chose to pursue Chinese medicine and its clinical applications. Fruehau said that he daily expresses thanks for his cancer because it led him to his passion. He continued to pursue his study and eventually founded the School of Classical Chinese Medicine at NCNM.

Fruehau describes the practice of Chinese medicine as simple as maintaining things in nature.

"If you want to take care of the tree, you must take care of the roots of the tree," Fruehau said, explaining that the roots of our physical being is our spirit.

Fruehau described the practices of Confucian doctors. Their practices teach that the body is in sync with the seasons of the year, and because the body is in tune with nature, symbols are used for each season. Wood correlates with spring, fire with summer, metal with fall, and water with winter. Each symbol accounts for certain parts of the body. Fruehau said he laid out the mechanics for these symbols, such as metal representing the lungs.

He also said that in Chinese medicine, the emotions, spirit and body place on cultivating their education and honing their professional skills has been a catalyzing factor throughout the process, pushing them to welcome new academic challenges.

"Education is the path to get to (the next) level," Fruehau said. "Not just with knowledge but with the perspectives you gain in a college setting."

Short also expressed how much University education means to her.

"I could not imagine my life without considering the opportunities I've received," she said. "I just really love school (and) it's exciting to me to continue to learn new things. I love the challenge that comes with schoolwork, and I'm sure not ready for my education to end just yet."

As an extra-curricular outlet for his studies, Lupton works with Volunteers in Medicine, a Lane County-based provider of free primary medical care and mental health services to the country's more than 75,000 residents living without health insurance. Should he be selected for the scholarship and attend Cambridge, the senior hopes to return state-wide to become a doctor.

"My ultimate goal is a physician ... working more at the patient level," Lupton said.

In contrast, Short wants to study alongside 450 other history graduate students in Cambridge's impressory history program, the size and reputation of which has made the school the primary selection for where she wants to earn her next degree.

"To study at any U.K. university would be fantastic, but the University of Cambridge would be my first choice," Short said. "Obviously its reputation is top-notch, and it has tremendous resources, but specifically for me, the size of the history program is a big draw... I can hardly imagine studying at a university that has shaped so many gifted minds and accomplished men and women."

David Hubin, a senior assistant to University President Richard Lariviere, said Lariviere's appointment as University president breathed new life into the school's commitment to ensuring that students eligible for distinguished scholarships were pushed to apply.

"Letting students know about these awards is a high priority in his educational agenda," Hubin said. "It reflects very positively (that) there are students here in our classrooms who could be anywhere, and who could compete anywhere."
Students expose risks in The New Yorker paywall

Northwestern University graduate students’ online magazine covers new media, future of journalism

SEAN LAVERY
THE DAILY NORTHWESTERN

Three Northwestern University graduate students are generating buzz in the tech blogosphere with an article on their online magazine’s site that exposed compromising vulnerabilities in The New Yorker magazine’s paywall system.

Jesse Young, the tech brains of the three-man team, discovered a coding flaw in the system meant to protect content from non-subscribers. Young authored the first of two articles, “The New Yorker, or How Not to Set Up a Paywall, Part 1,” published on Oct. 19. One of his co-editors, Kevin Shalvey, wrote the second on Oct. 25.

Flood Magazine is the brainchild of Young, Shalvey and another one of their Medill classmates, Spencer Rinkus. The trio started up the online publication as an independent study for course credit in July. It was meant to serve as a venue for experimenting with the kind of writing they weren’t getting to try in their graduate program, Rinkus said.

The magazine has centered its coverage on the convergence of technology and the future of journalism.

“We decided to focus on the media and technology,” Shalvey said. “Not just gadgets but the way people get information and how it’s evolving.”

Young’s discovery came from casually perusing script for the archive login of the The New Yorker, a magazine to which Rinkus said the three students already subscribed.

“It’s pretty common for web developers to look at other websites,” Young said. “It’s similar to writers and journalists looking at other writers’ work.”

He found that a few extra lines of code could circumvent the archive’s paywall, allowing anyone to access the content free of charge.

Paywall systems are gaining traction in online media as print products hemorrhage cash. The Wall Street Journal has made users pay for content since 2008. It has approximately 400,000 subscribers and benefits from readers who have the option of using their subscription as a business write-off.

“Everyone was mad the passwords got changed. They e-mailed everyone new passwords, which isn’t secure. They just kept digging and digging,” Rinkus said.

SPENCER RINKUS
FLOOD MAGAZINE CO-EDITOR

“We talked to Prof. Marcel Pessatte, who is the advisor for our magazine. He called the school lawyers, and we edited the story,” Young said.

The first story did not instruct readers explicitly on how to get around the paywall, but it did succeed in attracting the attention of a number of internet tech personalities and media sites, many of whom have Twitter followings numbering in the hundreds of thousands, Rinkus said.

AdAge.com cited the article as the “best tech writing of the week,” for the week ending Oct. 29.

Though they did not hear back from The New Yorker until this week, Rinkus said he and the other Flood editors received a flurry of e-mails the day of publication.

“Everyone e-mailed was kind of frantic,” Rinkus said. “In reaction to our article, we put up a bunch of upset tweets from New Yorker subscribers. Everyone was mad the passwords got changed. They e-mailed everyone new passwords, which isn’t secure. They just kept digging and digging.”

In the second installment of the series, Shalvey compared the discovery to Jon Lech Johansen’s exposure of DVD encryption weaknesses. The students avoided specifics in the article to protect themselves from possible litigation, Young said.

The magazine website has steadily gained in popularity and has launched a sister site called Flood Live. What began as an almost accidental discovery could give the publication the edge it needs as it seeks funding to sustain its future.

Young and Rinkus will be graduating at the end of this quarter but hope to continue working on the site remotely.

“We are happy to do it,” Rinkus said, “to create a space not a lot of people have explored, where writers write about technology and the state of journalism.”

The story originally appeared in the Daily Northwestern, the student newspaper at Northwestern University.

PARKING
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on Saturdays and Sundays.

Shoe-A-Holic manager Julie Schafer said that even though city officials added free parking spaces, there is agreed the city is doing the best it can give the current economy, and free parking is a stop in the right direction.

Owners also discussed how University students make up a small population of the customers. To be more daytime retail commerce downtown.

“It would be hugely beneficial,” she said.

In January, city officials and members of the Community Planning Workshop, an