

The
Madras Homeopathic
Journal



Vol-1

NO-2

Sep. 15. 1947.

THE MADRAS HOMEOPATHIC JOURNAL

INCORPORATING NATUROPATHY

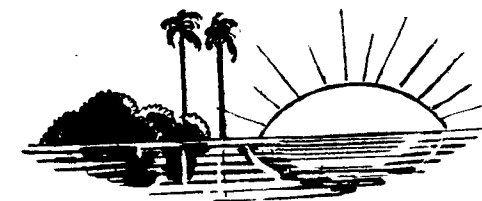
Vol. II

MADRAS: SEPTEMBER 15TH 1947

[No. II]

Editor-in-chief: COL. K. V. RAMANA RAO, I. M. S.

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THE MADRAS HOMEOPATHIC JOURNAL

VOL. I]

INCORPORATING NATUROPATHY

MADRAS SEPTEMBER 15th 1947

[No. 1#

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Editorial Notes and Comments

HOMEOPATHY IN MADRAS PRESIDENCY

The wide-spread popularity and progress of Homeopathy in the Madras Presidency, in spite of the innumerable handicaps which it has to encounter, is due to its inherent efficacy. It has more adherents and advocates among the lay public than among the professional men. The few professional doctors who made special study of this subject, were able to cure many patients of their ailments, both acute and chronic, so easily and efficiently that the patients were greatly impressed with this system. So, whenever possible, they prefer to have Homeopathic treatment to other prevailing systems. As unfortunately, there are not sufficient qualified Homeopathic Doctors available to treat the large number of patients widely spread all over the country, these laymen were forced to study Homeopathy for themselves to treat themselves, their families and their intimate friends. They were also forced to extend their philanthropic practice, as others flocked to them for relief by this efficient treatment. Thus, this system spread widely without any special encouragement, into all nooks and corners of the country and the few trained doctors were also forced to teach these enthusiasts as best they could for want of proper teaching institutions. So we find now more unqualified Homeopathic Practitioners than properly qualified ones.

Finding this state of affairs unsatisfactory and to show their gratitude for the benefits they have derived from this system of treatment, these many laymen, with the assistance of the few available doctors, formed associations in almost all possible places, with the intention of advancing the cause of Homeopathy. All of them are doing very good work in advancing Homeopathy both professionally and generally. Among them may be mentioned the biggest of them, the Madras Presidency Homeopathic Association, consisting of Judges of the High Court, officers of administrative services, leading advocates and business men, trained doctors etc. Among the numerous activities of this Association should be mentioned, the opening of the Madras Homeopathic Medical College, which, with the assistance of a few honorary professional workers, is being conducted on the most up-to-date lines for the last nearly three years and also the opening of free Homeopathic Dispensaries. Arrangements are now going on for the opening of an in-patient Hospital at 155, Lloyds Road, Madras for about 30 beds, starting with 10 beds immediately. We are greatly beholden to the philanthropic public for the large funds of money they have ungrudgingly given for all these costly ventures and for the invaluable advice and assistance they have rendered. May they and all those belonging to them prosper long and never require the services of a doctor!

When so much is being done by private enterprise, one may wonder what our popular Madras Government are doing to recognise and advance this great

cause. We are glad to state that the Government also are not idle. They have recognised the claims of Homeopathy and have started taking steps to register the existing practitioners and establish Colleges and Schools for Homeopathy. Exactly one year back, on the 16th September 1946, the Government of Madras have appointed a "*Board of Studies*" to assist them in formulating their policy towards recognising the Homeopathic system of Medicine and opening Colleges and Schools for Homeopathy. This "*Board of Studies*" considered these subjects in various aspects and made their recommendations. Later on, the Government, after scrutinising these recommendations, appointed a *Director* for Homeopathy to propose ways and means to implement those recommendations. The Government also had under consideration the question of opening a Section of Homeopathy in the existing College of Indian Medicine immediately, for which detailed recommendations were called for and obtained. Unfortunately the matter again seems to have gone to the background and no progress has been seen since then. We also understand that the services of the Director were thankfully dispensed with for the present at least. And all the time, the existing Homeopathic Practitioners and students have been looking to the final orders of the Government with great anticipation!

However great private enterprise may be, it can never be efficient, especially in our calculating Madras, unless sponsored by the Government. Also private enterprise is having a great check during these troublesome days, with proposals for abolishing Zamindaries and black markets, high cost of living, semi-starvation etc., all leading to irritability of temper. Hence the necessity for early orders of the Government has become very urgent. Madras Government used to have the unique honour of leading and the other provinces following, in all matters of public utility. But unfortunately we seem to be losing ground lately, and especially in the matter of Homeopathy we have lagged far behind and have been reduced to the necessity of following the lead given by many other provinces, notably Bengal and many Indian States! We have to depend on Bengal to give us properly instructed Homeopathic doctors, instead of sending out our own fully qualified Doctors to other provinces. We seem to be not only unable to follow the lead given, but appear to be waiting for clear instructions from the other Provinces and States! What a state we have been reduced to, with all the famous intelligentsia of our Madras Presidency!

If the Government are finding it difficult to make up their minds as to the best course to be taken, they should immediately appoint a "*Faculty or Board for Homeopathy*", consisting of experts in Homeopathy in the presidency, as was done by Bengal and other provinces. These will give them reliable advice as to the best course to be adopted to suit local conditions. This will solve all their difficulties immediately and they need not bother their heads with things about which they are not so well informed. Procrastination never did any one any good.

TUITION BY POST

We have been asked whether it was not our duty to foster the very highest principles of homeopathic practice and as such should we pretend to encourage courses of instruction in Homeopathy by postal tuition. We assure our readers that nothing that we do or permit to be said in this Journal will ever deflect us from the highest ideals we have set before us. It is our avowed object to see that Homeopathy is established in our Province, nay, in every part of our country and outside, as the ruling system of medicine, for, if the homeopath has one advantage over his brethren of other schools of medicine, it is the courage of his conviction. Courage, as has been aptly said, is half the combat. For Homeopathy to dominate the field of medicine, we need batches of trained efficient homeopaths of the highest order. As Dr. James Tyler Kent has beautifully put it, "In many cases education had to begin with the physician." Therefore, the provision of first-rate Homeopathic Colleges should be the aim of our efforts. As such, it can be easily seen that it is far from our intention to plead for the study of medicine by post. The promoters of these schools and colleges are more keenly aware of the

inadequacy and futility of these methods of instruction than anybody else. We have no doubt, whatsoever, that the moment regular colleges affording facilities for practical training and imparting ideal instruction are established, the institutes of postal tuition would either form the nucleus for such colleges or disappear from the scene.

Let us not forget the services of these "institutes of instruction." It is they that have kept the lamp of Homeopathy burning. If South India is to-day claiming a couple of thousands of Homeopathic practitioners, if to-day the name of Hahnemann is a household word in many homes, if to-day the danger of poisoning the delicate human mechanism with massive doses of drugs is borne in mind by the laity as well as the doctors of all schools, if to-day the virtues of Homeopathy in certain epidemics like cholera, small-pox etc. are proclaimed from the house-tops, not a little of this tremendous volume of work is due to the assiduous efforts of the students of these courses and of private study. "Honour to whom honour is due, even if it be to a bed-bug" says Dr. Nash.

"UNHOMEOPATHIC" ADVERTISEMENTS

Another matter we would set at rest is the doubt as to whether a journal standing for the highest ideals of Homeopathy could lend its pages to the publication of matter which militates

against our avowed principles. The insertion of an advertisement does not presume a recommendation or presuppose our adoption. The advertisement of the latest type of bangles, for

instance, does not mean our readiness to wear them, even as the praise of the jewellers' diamonds in the advertisement pages may not indicate our ability to buy them. A certain friend has asked, "Would you accept an advertisement of the best-flavoured coffee in your journal?" The word "best-flavoured" was very amusing. Evidently he was imagining that the strong odour of coffee had

already permeated the neighbourhood of the Homeopathic chest of medicines and exercised its deleterious influence on our potencies.

Let us, therefore, warn our well-wishers against falling into the error of reading our policy into the advertisements or making the advertisements an index of our policy!



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Dr. T. JANAKIRAM,

M.B., CH.B. (EDIN)

ALLOPATHY with its Law of contraries gives itself to generalisation which is useful for treatment on a large scale and yields to departmentisation and systematisation. The identification of different diseases and the identification of different medicines must be maintained to apply the law of contraries. Allopathy has progressed and is progressing very rapidly in this direction and it is excelling in Diagnosis and Prognosis. It has no philosophy behind it to act as a control and one wonders where it might lead the Healing Art to with its headlong and breakneck speed.

Ayurveda with its Law of contraries as is practised at present (with its Law of Similars elaborated much more than the Homeopathic Law but not ordinarily practised) has a philosophic background. Here generalisation is mathematically systematised unlike as in Allopathy. For example, look at its conception of a disturbance in the normal activities of the elemental force, Water, producing 20 diseases in the body and that of the elemental force, Fire, producing 40 diseases, and that of the elemental force, Wind or Vayu, producing 80 kinds of different diseases.

The two above systems are easy to practise; for instance, Allopathy when the diagnosis of the disease is known, and Ayurveda, when it is found which elemental force, Vayu, Fire or Kapha is disturbed, are easy to practise giving themselves to generalisation.

The Homeopathic Law of Similars

demands individualisation. This requires time and mental labour, devotion to duty, honesty and sacrifice. Each case must be studied on its own merits. Hard task, indeed. Hahnemann says that he can count his true disciples on his fingers' ends.

The genius of Hahnemann has removed:

(1) The identification of Diseases (the sheet anchor of Allopathy) by conceiving that the cause of diseases is a disturbance in the internal essential nature of vital processes and "the mode in which diseases originate in the invisible interior of the organism." This is similar to the Ayurvedic conception of the origin of diseases. Ayurveda has Tridhatu and Tridosha theories and Homeopathy has also a triple miasmatic theory.

And (2) The identification of medicinal agents by a peculiar method (which is characteristic of Homeopathy) of dividing and sub-dividing and further sub-dividing until traces of medicine are not detectable.

Time may not be far off when these three systems form into a Triangle and coordinate with each other without losing their individualities and serve the sick humanity much better than they are doing now.

Tuberculosis and Cancer are the two most important diseases under which humanity is groaning and looking to medicine for succour. The virtues of all the systems of medicine may be combined to render the desired help.

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SELECTION OF THE REMEDY

MR. T. S. IYER, B.A.

No. II

IN THE previous article I drew attention to Hahnemann's precept that the totality of the symptoms of the patient should be taken into account in the selection of the appropriate remedy. In this connection the following remarks by Dr. Ad. Lippe and Dr. C. Hering will be interesting.

DR. LIPPE WROTE:

"The knowledge of the characteristic symptoms of medicines is indispensable if we wish to be successful in the practice of Homeopathy, because it is one of our fundamental practical rules, that the characteristic symptoms of the only truly curative remedy must correspond with the characteristic symptoms of the patient. This, as one of the most important rules of our school, enters largely into the study of the Materia Medica, and for this reason we must deprecate the arrangements of medicines according to groups of pathological conditions sought after and supposed to exist in groups of symptoms recorded in the provings. Before we seek the characteristic symptoms of the remedy, we must possess the characteristic symptoms of the patient, or what is falsely termed the disease. The truly characteristic symptoms of the patient exist exclusively outside the pathological groups of symptoms of the discerned disease; nay, more; they are symptoms

which never necessarily belong to the disease or any form of it, but which appear absolutely accidental. The symptoms present and necessarily constituting and belonging to the disease, we may term 'essential symptoms'; 'characteristic', we term these symptoms which are found in the diseased individual besides essential symptoms, either on account of his constitution or from other accidental and unaccountable causes. If it is so, and if the experiment has established this rule to be correct, we should gain nothing by classifying the provings of our medicines in such a manner as to press them into pathological livery."

Dr. Hering Wrote:

"The Choice of the Remedy"

"Of all the indications which enable the Homoeopathic Physician to select the remedy, the symptoms of the case take first rank. It matters not whether a child has scarlatina or measles, or a bastard of the two; whether a patient has gout or rheumatism, although these diseases stand diametrically opposed; it matters not whether the heart or the kidneys, or both, be the 'seat of disease', he is to be guided by the symptoms, and all besides is and remains only accessory and auxiliary. It is to be understood, as a matter of course, that this is said only of the

choice of the remedy; for it is universally admitted and conceded by all Homoeopaths, and by Hahnemann himself that a physician should and must understand pathology in so far as it is a natural science; he must make as accurate a diagnosis as possible, were it only for the sake of the prognosis. But in the choice of the remedy, pathology can determine nothing, and least of all should the materia medica be pathologized, that is, dressed up and rectified after the fashions of the day."

The characteristic symptoms are the most outstanding in the art of prescribing. Boenninghausen's method is considered the best, viz, under, "*Modalities*," "*Sensations*" and "*Location*." Of these, "*Modalities*" rank first in importance, next come "*Sensations*," and lastly "*Location*."

To these Dr. Nash adds, "*Causes*," "*Constitution*" and "*Temperament*."

Dr. Nash wrote, "I will however, state in brief my object in writing as I have, just to foist upon the mind of the reader the strongest points in each remedy. Good off-hand prescribing can be done in simple, uncomplicated cases if we have fixed upon our minds for ready use the characteristic symptoms. In actual practice there are two kinds of cases that come to every physician: one is the case that may be prescribed for with great certainty of success on the symptoms that are styled *characteristic* and *peculiar* (Organon, section 153). The other is where, in all cases, there are no symptoms appearing. Thus there is only one way, namely to hunt for a

remedy that in its pathogenesis contains what is called the *tout ensemble* of the case. The majority of cases, however, do have, standing out like beacon lights, some characteristic or key-note symptoms which aid the study of the remedy, that has the whole case in its pathogenesis. Some object to the method of key-note prescribing but I believe that in the majority of cases that come under our notice day in and day out, we cannot hope to accomplish much without it. The greatest prescribers like Lippe, Guernsey and Hering were famous for their knowledge of their Materia Medica and the ability to apply such with great accuracy upon the treatment of diseases."

The characteristic symptoms figure prominently under one or more of these heads, and if these are kept clearly in mind, it will be possible to select the appropriate remedy in a majority of cases. When however, no prominent characteristics appear, or when we cannot remember them, the repertory should be used. The two important repertories are those of Boenninghausen and Kent. The Boenninghausen method consists of making a list of remedies affecting (1) a certain anatomical part of the body-location; (2) sensations experienced; and (3) modalities, i.e., circumstances of aggravation and amelioration. Dr. Nash adds to these—'causes', 'constitution' and 'temperament'. There are five ranks in remedies. The remedies should be evaluated under each of the rubrics. The remedy having the highest number will be the most likely remedy suitable to the case, but this should be verified by a careful study of the Materia Medica

if two or more remedies figure prominently, equally well.

By using Kent's Repertory a different method is used-symptoms being classified under 'generals' and 'particulars'. First, the symptoms under "generals" are taken and the corresponding remedies are taken out with their higher values, and out of these remedies those found under 'particulars' with higher value are chosen. Kent gives three degrees. The simplified method consists of taking an important rubric, always a 'general'

containing a number of remedies as a starting point; under the second rubric, those drugs which appear in the first only with higher value are taken; in the third, those appearing in the second and so on, thus eliminating as we proceed until only one remedy is left. It must always be remembered that remedies having strong characteristics under 'particulars' should not be omitted to be taken into account in the elimination process but should also be studied before the final remedy is chosen.

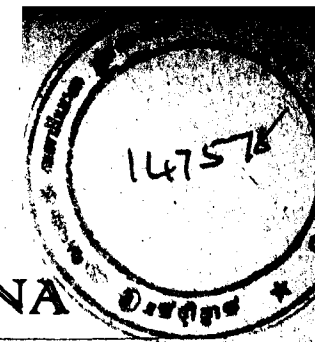
ii - PRACTISE HOMOEOPATHY - ii

1. It is easily practised by the intelligentsia. Homoeopathy is of Indian origin, though discovered and developed by Dr. Hahnemann in Germany and soon got spread in the Continent and America. Being a harmless system, akin to Naturopathy which is encouraged and freely practised by Mahatmaji, it is bound to become the dominant system of Medicine in the New World Order.
2. 7 lakhs of trained doctors are the minimum need of our 70 lakhs of villages and towns, but we have barely a lakh of doctors. The deficiency can be made good only by making the intelligentsia Homoeopathy-minded, and by training those among them inclined for medical relief work. A working knowledge of Homoeopathy can easily be gained by Correspondence; it is not so with Allopathic or Ayurvedic Systems. Dr. Hahnemann, the founder of Homoeopathy, said, "A six months' course will be sufficient to enable any intelligent mind to grasp the principles of the Homoeopathic Law of cure." Our Correspondence Course demonstrates the truth of these words.
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THE PRIDE OF PLATINA

MR. V. SUBBARAO B.A., B.L.

Act I. Scene II

[Miss Platina's residence. A palatial building in a big compound. The garden presents a colourful appearance with a great variety of plants and flowers.]

Miss Platina is in her dressing-room in the second storey and is giving a few final touches of rouge to her cheeks. Her hair is ornamentally plaited. Lilium and Murex, two hand-maids are waiting on her and each is holding a gown in her arms for the approval of the mistress.

Platina finishes her toilet and looks back over her shoulders].

Platina: Lily, I think I'll wear the rose-coloured gown.

Lilium: Yes, Miss.

Platina: Perhaps the purple one is better.

Lilium: It will be in good taste.

Platina: (Bursts out laughing) Ha-ha-ha.

Lilium: Miss, I s'pose I am not the cause of your laughter.

Platina: Not only you, but the whole world is.

Murex: How's that, Miss?

Platina: Go now and dress up like two fashionable ladies. you've got a role to play to-morrow.

Lilium: We thought you wished us to stay at home.

Platina: I have changed my mind. We shall leave the servant Capsicum here. He may want to return home when the party is in full swing.

Murex: Quite so, Miss.

Lilium: Pray what are the roles you want us to play?

Platina: Listen, you little imps! You would never guess why I got up this party.

Lilium: How can we?

Platina: You shall see that I play a monstrous joke on my poor suitors. Do you know how these men have assailed me with their amours?

Lilium: (cooly) somewhat—

Platina: And why, because I'm rich. Because I belong to an illustrious ancestry. I hate them all, detest their mean tricks. They reproduce nothing but the basest in human beings. Platina is above them all and shall humble them. Platina shall not be conquered by these lowly creatures. We shall watch these devils exhibiting all their foibles and laugh in our sleeves. You must do your bit of coquetry. flirt with every amorous

suppliant and give satisfaction to none. And—when in doubt look at Platina. (Footman announces Mr. Arsenic).

Platina: (Pompously) show him in.

(Mr. Arsenic enters. He is neatly and very carefully dressed and holds a gold-headed cane in his right hand).

Platina: (jumping up to him and shaking him vigorously by the shoulders) you're late, Mr. Arsenic. I thought you would be here on the stroke of twelve.

Arsenic: So I was. But the weather being very chilly, I was warming myself at the stove.

Platina: Take a seat. You look so restless.

Arsenic: It's nothing unusual.

Platina: Where's this snob of a Nux? My dear Ars, you look lovely.

(The servant announces that all the guests have arrived).

Platina: Step down, Mr. Ars, we shall join the party.

(Mr. Arsenic and Miss. Platina walk down the steps and as soon as Miss Platina gets into her view the party assembled in the hall, she stops and exclaims, "Ars, don't you think these people look very small?")

Arsenic: No, to me they appear quite normal.

(Miss. Platina resumes her descent and as she walked down in her majestic robes live a modern Cleopatra, there was a spell of silence.)

Platina: Ladies and gentlemen, we shall postpone introductions and get into

the carriages. Capsicum, you stay on here and keep the house. We shall be back here at 10 to-morrow night. Let dinner be ready.

Capsicum: (A fat, chubby, red-cheeked fellow makes obeisance). Yes, Miss, I'm so delighted to stay at home. Thank you.

(All the guests are hustled into two big motor buses and as Miss Platina is stepping into her car, a letter is handed to her. She reads it and calls Lilium).

Platina: Lily, go and tell the party that Mrs. China excuses herself as she is too exhausted from a profuse diarrhoea.

Lilium: She has only recently recovered from the effects of a haemorrhage after abortion.

Platina: Everything is out of order with these men and women. Their ways are anything but decent. Their thinking and understanding are perverted, wrong and unnatural. They are worse than cadavers.

(Miss Nitric Acid arrives. She is thin and dark with very black hair and eyes. Platina embraces her warmly).

Nit Acid: Excuse my being late. I was attending on Mercury who is broken down completely.

Platina: (Laughing heartily) You're so good a girl. You are still faithful to your old friends. But how did you leave him without an attendant?

Nit Acid: I've left him in the care of Cocculus who says that as the journey

will make him sick he would excuse himself.

Platina: Well, but who comes there on horseback? I'm dashed if it is n't Tarantula. Also an old friend of yours?

(Murex comes in rushing and says that the two buses are fully packed and yet some more guests are due to arrive. Meanwhile Tarantula approaches her.)

Platina: (She kisses him). I shall punish you for being late. You must carry Miss Nitric Acid on your horse back like a gallant knight of King Arthur.

Nit Acid: (offended) Excuse me, I would like to choose my own companions (she makes for the buses. Arsenic and Caladium who are sitting side by side make room for Miss Nitric Acid and she is seated).

Platina: Tarantula, your sting is almost deadly. You will follow us on horseback.

Tarantula: Most certainly. (Aside) I'm not following without purpose.

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HEALTH, DISEASE AND CURE

COL. K. V. RAMANA RAO, I.M.S.

NATIONAL HEALTH is National Wealth. Health gives wealth. But wealth does not necessarily always give health. The strength and prosperity of a nation depend upon the health of its individual members. An unhealthy individual is not only incapable of contributing to the strength and prosperity of a nation but also is a great hindrance and a drain on it. He not only cannot defend the country but also requires others to defend himself. He requires nurses to attend on him, physicians to treat him and "costly medicines" to cure him.

What an enormous amount of wealth is being drained from this country, in getting these "costly medicines", most of them "patented", from other countries? And what kinds of medicines are we getting for our money? The majority of them are absolutely useless, worthless and very often dangerous. Our lay brethren are not expected to know, and unfortunately our scientific brethren also do not know, that many of these patent medicines, condemned as dangerous and useless in their own country of origin, are being sent out to us, with different labels (marked "for export only") and our doctors go on merrily prescribing them and the poor patients spend their money which they can ill afford, in purchasing and swallowing them! Who analyses these thousands of varieties of imported medicines? *No One.* Neither the doctor who

prescribes nor the patient who swallows, has the slightest idea of what is actually contained in these patent medicines, except that a long list of drugs with dosage is printed on the outside and the medicines are deliciously flavoured, invitingly coloured and nicely packed in beautiful bottles. The long list of diseases for which they are supposed to be a panacea and the eye-catching advertisements which flood our newspapers and journals are the only criteria of their efficacy. The enterprising manufacturing chemist is not in the least concerned about poisoning millions of people by his noxious drugs, so long as these millions contribute to his prosperity by purchasing his medicines. This is how millionaires are made all over the world!

If such a medicine with one fanciful name does not cure—as of course it does not—which of them was ever known to give permanent cure?—at the most it may give some temporary relief by suppressing the disease—if, as I said, such a medicine does not cure, the young enthusiastic doctor is not at all perturbed. He immediately looks up his file of pamphlets and advertisements which he receives by the dozens every day and selects some other medicine with another fanciful name! These manufacturing chemists know human mentality and weakness. They know that the bigger and the more unpronounceable the

name of a drug, the more the patient and the doctor are enamoured of it. So he engages some scientists who are supposed to conduct so-called research work and they produce new drugs at short intervals as specifics for various kinds of diseases. The number of such drugs can be easily calculated by multiplying the number of weeks in the year by the number of manufacturing chemists by the number of countries!

And this is designated "rapid advance in medicine" popularly these days. It is not realised that scientific advance in diagnostic work and conception of origin of disease is quite different from production of more and more specific medicines. If any one of these drugs or medicines can really cure easily and permanently any disease, there is no necessity to search for new drugs for the same disease and have recourse to new treatments every few days. In spite of this "rapid advance" in the variety of drugs and changes in treatment every few days, (or, what is more likely, on account of them) we are not any the healthier or happier. On the other hand, diseases are on the increase, hospitals are getting overcrowded and the health and vitality of our younger generation and consequently of our Nation, are getting deteriorated gradually.

There must be some end to all this. Is it not time that we should pause, take stock of our situation and search for the root cause of the extensive ill-health that we see all round us, whether latent or patent? This concerns every Indian layman and doctor alike, and so I invite the attention of all to this

pressing problem. Our vision of health matters is slowly but surely being clouded and distracted by all these confusing multitudinous so-called "advances". So we are losing sight of the simple fundamental truths governing life, which have been right under our noses all the time. These truths have been governing life in all its aspects and conditions from the beginning and will continue to do so till the end of creation. They are staring us in the face constantly and yet we remain blind to them, deluding ourselves that we know better. We think that we can improve on these Nature's (*God's*) Laws and the result is the decadence we see all round us. It is the neglect of these Nature's Laws that is responsible for all our miseries. Let us examine them and see how we can better our lot, as it is these Laws that govern health, disease and cure. They are universal, without any distinction of country, climate or school of thought.

Health

The simple fundamental laws that govern health start long before we are born, many generations back. The most important of them is what is known as *Vital Force* or *Vital Energy*. Let us examine how this vital force comes, what it does and how it is maintained. If we start from the beginning of our life, we will understand it better.

Vital Force

We said 'from the beginning of our life,' but there is no beginning. It is always a continuation. We don't know when and where it began. No one knows. We only meant 'when one was

born'. And that started when the male element, spermatozoon, penetrated and fertilised the female element, ovum. Then many wonderful phenomena were set in motion. The peculiar point in this process is that either the male or the female element is not at all capable of producing anything by itself. They are absolutely inert. But when they combine, things begin to hum and a child is produced. What is it that has caused such a great phenomenon? According to the latest scientific developments, our ideas of an atom have undergone a change. We know now that all matter is only vibrations of electric charges or corpuscles as they are called, around themselves, in different patterns in the atoms of different substances. We have heard of the tremendous energy that will be developed when such an atom is split. This tremendous energy was utilised in the last war for destructive purposes. But Nature utilises it for constructive purposes in creation. The atoms of the nuclei of the male and female elements are split by each other when they are brought together, but instead of exploding, they combine with each other again forming a combined but different pattern of the vibrations. In this process of splitting and re-union, a tremendous energy is developed which remains with the fertilised ovum throughout its further development and till the death of the fully developed individual. It is this tremendous energy that is known as vital energy. It is this vital energy which is *Divine* in its nature, that animates all *Living things* throughout their life and governs their *Health, Disease and Cure* under all conditions.

Heredity

We said that this Vital Force or Energy governing life started long before we were born, many generations back. When we know that the vital energy contained in the fertilised ovum derived it from the combined energy of its component male and female elements, we can easily understand that the strength of the vital energy of the fertilised ovum depends entirely on the amount of energy contained in its male and female elements. That is, the child derives the peculiarities, strength and weakness from the peculiarities, strength and weakness of its parents. This is heredity. But the parents themselves derived their peculiarities, strength and weakness from their own parents, though they could have strengthened or weakened their Vital Energy during their life, before imparting it to their children. This goes on from generation to generation and thus we see the peculiarities, strength and weakness of the various races perpetuated in the world.

We are not responsible for the Heredity we get. But we are responsible for the Heredity we impart to our children. Every one of us likes to have good, strong and healthy children. Are all of us having them? The answer is *No*. On the other hand they are deteriorating in most cases. It was stated in our puranas that it was a great sin if a son or daughter died before its parents. It was rare for an offspring to die before its parents in the olden days. But what is happening now? Child mortality has greatly increased and there are few parents who have not lost a certain

number of their children. Is it not time that we should strive our best to improve and strengthen our own Vital Energy and thus give the best Heredity we can, to our children? Heredity of property, jewels and money are transient and can be easily lost in various ways. But Heredity of good strong Vital Energy is ever-lasting, and your children will thank you for it. And more than your children, the Nation, will thank you for giving good, strong, healthy, energetic, intelligent and brave manhood to shoulder the grave responsibilities that are facing our hard-earned independence.

Functions of Vital Energy

What are the functions of this Vital Energy about which we hear so much? If we can imagine this Vital Energy to be a spark of the *Divine Force* which dominates and controls the whole universe, we will have some idea of what it does and what it can do. There is nothing which it cannot do to the economy of human life.

We traced our life to the point when union has taken place and the male and female elements have produced one cell, the fertilised ovum. This one cell contains all the Vital Energy which regulates and controls all the future activities and growth of this one cell. This cell divides and sub-divides innumerable number of times, growing all the time from nourishment derived from the maternal blood. These cells separate themselves into different groups and form the different organs of the body with very widely differing functions, till the full-grown baby is formed. Thus it will be seen that one of the primary

functions of Vital Energy is the orderly division of the original cell, forming a healthy baby. If the Vital Energy is defective, this orderly division and growth will not take place and the baby will be defective in one or more organs, thus producing the monsters which we come across fairly frequently. Another important point which has a great bearing on disease and cure, becomes evident from the above. And that is, that though the organs of the body differ greatly in their location and function, from the brain, lungs, heart, stomach etc., down to hair and nails, *every one of them has its origin in one and the same cell and every cell of these various organs is controlled, regulated and animated by the same vital force*. Thus, whatever happens to one organ, whether good or bad, affects all the other organs of the body in the same way. From this, the great truth of Unity of Disease and Cure, is evolved, about which we will deal in greater detail later on. All our organs wherever they may be situated and whatever function may be allotted to each in the maintenance of the equilibrium of the human economy, derive their nourishment from the same source, their waste products are excreted by the same agencies and they are constantly kept in intimate contact with each other by that great vital fluid organ, the blood. Thus if one organ is injured in any way, all the other organs are immediately informed of it and they all come to its rescue to the best of their ability and their allotted task in the human economy. It is only when the combined efforts of all the organs fail, that the injury (I do not

(Continued on 66th page)

Homeopathy and Naturopathy

CAPT. C. OOMMEN, M.B., B.S.

WHAT WOULD you think of a topic having for its title, "Bread and Food"? You will at once say that these two are synonymous, and I had better avoid the repetition. To be reasonable, I am obliged to agree with you, but I should point out that bread is a particular, refined form of food, both agreeable and easily assimilated. In mentioning this, I have not attempted to provide an exact simile, but it is almost the same thing when I say 'Homeopathy and Naturopathy'. These two systems are so closely related to each other that one is essentially a different form of the other, in so far as both these systems work on the arena of Nature, with Nature and in aid of Nature.

The Rishis of yore had a clear conception of Nature, and the imprints they left on our Indian culture are deep and substantial. All manifestations of the creative force go to build up the full form of Nature, which is personified as a goddess whom many people worship. There is a great scientific background for this, which the Naturopath can explain. Nature, he says, comprises life that exists in the form of vibrations that fill the omnipresent ether. These vibrations, which have their origin in the one indivisible vital principle, the creative force, enter in and radiate from every atom that exists in the universe, and with their centre of gravity fixed on that primary force of all forces, vitalise all perceptible and imperceptible



elements of matter, including, of course, the human being. Here, the evolution of "the whole", the interconnection of the life-principle and the elements of matter that constitute that 'Whole', and the cohesive principle that holds everything in its own right place in that great alignment of matter and energy, are to be recognised as the form and functions of Nature. It is this vital fact that argues in favour of the need for life to accord with Nature's laws of harmony. As much as your legs should not move backward when you proceed forward, you should not, in directing the run of your life, act in conflict with the laws of Nature of which you are an inseparable part. Help Nature to help yourself. This is the principle on which Naturopathy is based, and who

can question the scientific and natural soundness of this basis?

Nature Cure is recognised as a great reformatory movement in the domain of health, inaugurated and developed on a scientific basis over 80 years ago. By a strange coincidence, Germany, the birth country of the founder of Homeopathy, produced another equally great health reformer in the person of a simple villager, Priessnitz of Grafenberg. His investigations into the true efficacy of Natural remedies, conducted with a natural genius for the art of healing, yielded such wonderful results that a large number of enthusiastic men of all classes and trades joined him in his work. His splendid pharmacopeia did not include any drug but consisted in plenty of exercise, water treatments in the cool sparkling brooks, and simple wholesome countryfare, made up largely of black bread, vegetables and milk fresh from the cows fed on nutritious mountain grasses. Working with a zeal that bore them all honour, this party of health crusaders developed, enlarged and enriched the system in all its branches such as water cure, earth cure, air cure, light cure, natural dietetics, magnetic healing, mental therapeutics and curative gymnastics.

An important addition to Naturopathy is the invention of Osteopathy by Dr. Still of Kirksville, Missouri. This is a system of scientific manipulation of the bony structures, nerves and nerve centres, muscles and ligaments. This system, in some form or other, has always been prevalent in India, and we have even now, here and there among

us, men skilled in this art of manipulative treatment, who claim to cure many cases, both acute and chronic, by employing this method. There are some of them enjoying good reputation, too, and they will, no doubt, do infinitely better by a more minute study of the subject and employing the scientific method. Dr. Palmer of Davenport, Iowa, is the originator of a later development of this manipulative science, which is chiropractic.

To understand the great healing principle embodied in these methods, we should have a grasp of the terms "Health" and "Disease" as defined in the Catechism of Nature Cure.

"Health is the normal and harmonious vibration of the elements and forces composing the human entity on the physical, mental, moral and spiritual planes of being, in conformity with the constructive principles of Nature applied to individual life."

"Disease is the abnormal or inharmonious vibration of the elements and forces composing the human entity on one or more planes of being in conformity with the destructive principles of Nature applied to individual life."

These definitions cover a greater meaning for each of the two opposing terms "Health" and "Disease" than we need go into in our present attempt at having a comparative study of these two great healing systems, Naturopathy and Homeopathy.

In both these systems, you take the person as a whole in considering his

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conditions of health and of disease, and not the only part or particular organ conspicuously or apparently affected, as generally considered in the Allopathic or the Ayurvedic system. This view of the oneness of the human body is certainly more scientific and rational; nay, this is the main thing that matters in any realistic system of healing. If you have an eye trouble, our colleague of the old school of medicine usually looks into your eye and gives you his prescription. You get cured of the eye trouble and pay him his fiver, only to see that you have a headache or something wrong in your nose. You run again to the doctor, who prescribes Aspirin, Alasil, or Caffiaspirin for the headache, or looks into your nose with the aid of a nasal speculum and gives you his ready prescription. You pay him another fiver and thank him immensely on seeing that the headache or the trouble in your nose too has been cured. The fact that the disease has only been suppressed is not readily realised. In fact the morbid matter in your system that has manifested twice, once in your eye and then in your nose or forehead, made worse by the drugs administered in you in no immaterial quantity, makes its appearance somewhere else on your body, and makes you pay yet another bill of the physician. Neither you nor the doctor would care to consider you as an individual, indivisible entity, now in a state of morbidity, calling for a complete constitutional treatment. This is a very grave drawback of the old school of medicine, and results, in varied measure, in the decrease, if not destruction, of the vitality of the

individual, thus rendering him infinitely more susceptible to serious diseases.

Now, Homeopathy works with the laws of cure and not against them. A drug capable of producing a certain set of disease symptoms in a healthy body when given in large physiological doses, will cure a similar set of symptoms in the diseased organism, if the drug be given in small Homeopathic doses. This is the law of 'Similia Similibus Curentur'. Hahnemann discovered this law accidentally, while investigating the effect of quinine on the human organism. Ever since then, it has been applied successfully by him and his followers in treating human ailments.

"Similia Similibus Curentur" is, in the opinion of Dr. H. Lindlahr, M.D., only another way of stating the fundamental law of Nature cure, that "Every acute disease is the result of a cleansing and healing effort of Nature." According to this law, if you give a remedy which produces the same or similar symptoms in the system, you are just aiding Nature in her attempt to overcome the abnormal conditions. The work of the indicated Homeopathic drug is not to suppress the acute reaction, but to help it along, thus accelerating the curative process.

This is precisely what the Naturopath does, the only difference being that he employs not the curative energy contained in drugs, but those healing forces of Nature which are indicated. In his treatment of disease, he seeks to aid the forces of the body to regain their diminished vitality and to throw off the morbid matter from the system. If we compare this with the 'Theory of

Reaction' which explains the Homeopathic law of cure, we will see that the healing principles on which these two systems are based are the same. Responsibility for disease is laid on the lowered vitality of the body cells, and even pathogenic bacteria are pathogenic only in an unhealthy body, brought on by bad living, by indiscriminate drug-giving or suppressive treatment. Certainly, the remedy lies not in swallowing several drams of harmful and poisonous drugs, but in a methodical return to Nature, in the revitalisation of the clogged or deceased cells and in strengthening them against further attacks of diseases. This is aimed at in the vitalising methods of Homeopathic and Naturopathic treatments.

Apart from the rational and farsighted outlook underlying these two systems of healing, what every discerning mind has to recognise is the fact that there is, in effect, no drug in the remedies employed in the system of Homeopathy exactly as in Naturopathy. In the 6th centesimal and higher dilutions of the Homeopathic remedy, there is practically no particle of drug that can be measured or found through any known methods, scientific or otherwise. What remains in them is just the curative energy of the original drug, which is similar to the harmless curative energy in Nature, that the Naturopath employs, through a different method, in his process of effecting cures.

The man who has learned to master his habits and the appetites of his senses for constant gratification so as to conform to Nature's laws on the physical plane, and who has thereby regained his

bodily health, realises that self-control and well regulated life form the key to his further development on the mental and spiritual planes of being as well.

Thus a Naturopath, whose philosophy teaches him to identify himself with the life principle that fills the universe, aims not only at the maintenance of his health, but also at the fulfilment of the lofty objectives of human existence. As such, Nature Cure is a return to Nature, and through Nature, to the central force of all forces and to eternal well-being.

This fact is epitomised, in contemporary life, by the greatest man alive, Mahatma Gandhi, whose staunch adherence to Nature Cure principles are well known. India was wise and fortunate to accept his great lead in the political field, and the happy result is the attainment of the country's independence, in which we all rejoice. His lead in social and individual life is equally worth emulating, if we want social and individual salvation, health and a healthy outlook in all matters of worldly and spiritual existence. I can only say that it is a pity that his Nature Cure Clinic has attracted few people competent to carry his message of health to all parts of India. People seem content to regard Gandhiji as a saint, and to believe that his methods of life are beyond their reach. But, in as far as his simple but regulated methods of natural living are concerned, I fail to see any reason why many people cannot accept his lead and benefit by it. When Gandhiji says that a peasant or a labourer can have his own hospital in his house or hut if only he provides for a hip-bath arrangement,

there is a great deal more of truth in this advice than is realised by most men.

As we in India are concerned, not primarily with cities crowded with fans of fashion, but with villages inhabited by the agrarian class who live in the lap of Nature, we have immense scope for the propagation and popularisation of Naturopathy. But, in a field where Gandhiji has attained little success, we should naturally expect considerable obstacles. The great man has, on several occasions, shown the world at large, that, through compliance with the laws of Nature in his day-to-day life, he could observe complete fast for a number of days and still survive the ordeal and regain his marvellous fitness. Could there be a greater triumph for Naturopathy? The great significance of this triumph should not be lost upon us who are proud to be his disciples and followers.

But, alas! people, who lead a busy life in this modern world of hundreds of habit-forming and pleasure-seeking ways, hunt after more and more artificial methods of existence. It should be feared that most such people will not pause to heed to the message of Naturopathy. When we turn to the villagers, we only find the position yet more distressing. In spite of water being easily available, physical cleanliness is seldom maintained. No rules of sanitation are observed, and the premises of wells and bathing pools or tanks are left scandalisingly dirty with human refuses of all sorts. Are these healthy habits? How can we effect a helpful reformation in these unhealthy habits?

Great and extensive health propaganda and the right kind of education are necessary to root out the evil. Until that is possible, we are not justified in looking upto Naturopathy to relieve the sufferings of the masses. It is here that Homeopathy comes in, and its introduction into the towns and the villages need not necessarily be preceded by so rigorous a reformation in the habits and methods of living, though the elementary rules of hygiene and sanitation are an essential complement to conditions of general health and well-being.

Indeed, Homeopathy can effectively fill up the gap. In the present day conditions of living, most men would welcome Homeopathy as a preferable substitute to Naturopathy, or, for that matter, any other system of healing, because Homeopathy is easily learnt and practised, while being closely related to Naturopathy. In fact, Naturopaths advocate Homeopathic remedies as a great and valuable complement of Nature Cure. One can find few good books on Nature Cure which do not also deal substantially with the system of Homeopathy.

There is great scope for independent thinking and action in the independent India. There is scope for making a good start based on the knowledge of experience the world has handed over to us. A gradual replacement of all suppressive methods of treatment by rational methods deserves to be attempted on the basis of an extensive medical and social reform. Even many stalwarts of the Allopathic school of medicine have

begun to plead for treatment of the patient as a whole as against treatment of diseases, I mean, partial treatment for pathological manifestations as such. The establishment of more and more Nature Cure clinics and instruction centres can go a long way in achieving the desired goal. The scope for Homeopathy is immensely greater. We should justly count upon the spread of Homeopathy as a means of effecting the greatest possible amount of improvement in the health conditions of the masses, and for this we should essentially recognise and safeguard the elementary liberty of the individual to learn this harmless system and make use of it in order to keep himself fit and also to be of service to the sick and the poor immediately around him.

Let not the great possibilities of the simple system of Homeopathy elude our grasp. Its simplicity and cheapness are not meant for nothing. Homeopathy is one of the greatest gifts of Nature to humanity, and it is, as I have already stated, a complement of Nature Cure. It was providential that Dr. Hahnemann stumbled upon the Law of Similars and thus discovered and developed one of the great hidden secrets of Nature. The so-called scientists were erring and erecting edifices on their errors with disastrous consequences when Providence brought before them a ray of real light, which is Homeopathy.

There has been and is a move here and there in India to obtain official recognition of Homeopathy, and in Bengal, Baroda, Bombay and Travancore such recognition has already been given.

Madras is about to follow suit. If we are to learn from experience, it is time for a stock-taking of the achievements of those Governments which have offered recognition to Homeopathic practitioners. The question whether recognition is offered to encourage the system has to be seriously considered. I would emphatically say that what these few Governments have done was just to impose a heavy duty on this knowledge, as though it was a prohibitive foreign commodity. Nothing has been done yet by them on the constructive side. There is not a single well-equipped Homeopathic Medical School or College opened by anyone of these Governments to satisfy the requirements of the intelligentsia who ardently desire for a working knowledge of the system. There is not a single Government hospital or Dispensary for the system. On the other hand, the unnecessarily tight restrictions imposed on the practice of this harmless system of Homeopathy even by the highly educated class, and on the conditions of registration of its practitioners, have materially served to hamper the growth of the system. Let not this mistake be repeated by other States and Provinces in India, and I have particularly in mind the Province of Madras. This is a time when every educated layman has to be encouraged in the study of this noble system of healing, and the makers of the rules and regulations should keep this salient point in view.

Let many faculties of Homeopathic medicines be established, and let such faculties turn out well-trained and efficient doctors in as large a number as

possible. Let such adepts in the art be given their proper place in the realm of medical profession as such. That is all very good and that is what India wants. But until there are enough of such faculties and until we have enough of doctors to serve our teeming millions, let not a shortsighted enforcement of a law discourage the layman enthusiast of the educated class from becoming a learned Homeopath. "A six months course will be sufficient to enable any intelligent mind to grasp the principles of the Homeopathic law of cure", said Dr. Hahnemann. Let this great advice of the founder of Homeopathy be respected. To learn that Nux Vomica suits the fiery, quick-tempered, zealous, energetic man suffering from constipation with ineffective urge for stool, that Pulsatilla cures many a disease in a plump, fair woman of yielding and tearful disposition, and that Chamomilla is suited to affections of children who are of a restless, fidgetty, and quarrelsome nature, crying for everything but refusing when offered, nothing but a moderate habit of learning will do. So is the case with hundreds of other Homeopathic remedies too. If hip bath, sun bath, steam bath, air treatment and other Naturopathic methods can be allowed to be practised freely on the basis of a man's knowledge in the system, the use of infinitesimal doses of Nux Vomica, Pulsatilla, Chamomilla and other Homeopathic remedies too can be permitted to be employed by one who has learned to

use them. The only thing to be taken care of is to prevent mere quackery in the name of Homeopathy. This cannot involve any considerable difficulty as the means of testing the knowledge of a Homeopathic practitioner are extremely easy. Whether the care of the sick may be entrusted to him can be ascertained by a knowledge of his educational standard, and further by asking him to prescribe in a dozen given cases. Here is a challenge to the Government or Governments which have either recognised or are thinking of recognising the system of Homeopathy in order to encourage the system. Will the Madras Government take it? If it does, the great suffering masses of the Province are fortunate. The public need not then fear a prohibitive duty on the knowledge of Homeopathy, which is a great heritage of the intelligentsia.

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(Continued from 59th page)

mean just physical injury, but to the economy) becomes manifest, either in the organ originally injured or in some other organ which happens to be rather weak and has further been weakened in its rescue work. Thus it will be seen that the whole body should be considered as *one entity* in all conditions of health, disease and cure and not each organ separately.

(To be continued)

THE PHILOSOPHY OF HOMEOPATHY

MR. V. SUBBARAO, B.A., B.L.

THE first paragraph of Hahnemann's Organon affirms that:

"The physician's high and only mission is to restore the sick to health, to cure, as it is termed." This observation contains the kernel of Homeopathic philosophy. The physicians of any school of medicine will assent to this very non-controversial observation until the hidden meaning of the word "Sick" is explored. Then let us examine what is meant by

"The Sick"

according to Homeopathy as well as the other schools of medicine. Allopathy will at once answer that the stomach is sick, or the bowels are sick, or the liver or the heart, and so on. Let us see if this is not entirely wrong and if it is not the man that is sick and to be restored to health, and not his body or his tissues. You will find many people who will say, "I am sick". They will enumerate pages of symptoms, pages of suffering. They look sick. But they tell you, "I have been to the most eminent physicians. I have had my chest examined. I have been to the cardiac specialist. The eye specialist has examined my eyes. I have been physically examined from head to foot, and they tell me I am not sick, I have no disease." Many a time is this story told after describing in detail, pages after pages of symptoms of suffering. What does it mean? What do all these symptoms signify? "I do

not sleep at night. I have pains and aches. My bowels do not move." "Oh, well, you have constipation." After all, the diagnosis has been made. From the allopathic view the constipation is the cause of the disease as well as the disease. These symptoms are but the language of nature, talking out as it were, and showing as clearly as daylight the internal nature of the sickness. If this state progresses, the lungs break down. The doctor says, "Oh now, you have consumption". Or a great change appears in the liver, and he says, "Now you have fatty degeneration of the liver". And so on. Is it not absurd to say that prior to the disease manifesting itself in the liver or the lungs, the patient is not sick? The sickness is undoubtedly prior to changes appearing in the organs and the tissues, which are the results of disease. The bacteria are results of disease. These microscopical little fellows are not the disease cause, but they come after, and they are scavengers accompanying the disease. The dominant school consider these the cause, but we will be able to see that disease cause is much more subtle than anything that can be shown by a microscope. Then let us see-

What is the Cause of Sickness

which manifests itself in such serious changes in the organs and tissues of the body? As for the answer to this question Dr. Kent says, "Look where

you will in literature other than Hahnemannian, you will find mere speculation and theory and no practical deduction". The genius of Hahnemann has furnished the answer in Ss. 9 and 11 of the Organon wherein he propounds the doctrine of the vital force.

"In the healthy condition of man, the spiritual vital force, the dynamis that animates the material body, rules with unbounded sway,....."

"When a person falls ill, it is only this spiritual vital force, everywhere present in his organism, that is primarily deranged by the dynamic influence upon it of a morbid (sick) agent inimical to life."

Disease is therefore caused when the vital force which rules the material body is first affected by some disease producing agent which is invisible and immaterial coming into contact with it. Now, we will investigate what is this influence and what we mean when we say that this influence so affects the vital force of man's economy that it causes sickness. We all observe that everything in the universe has its

Aura

or atmosphere. Every star and planet has an atmosphere. The sun's atmosphere is its light and heat. People are not in the habit of thinking of light as anything, but if it were not something it could not appear and disappear. Light, proceeding from the sun is attenuated through ninety million miles. Yet we can see things from, in, and because of light. But we cannot see light itself. So also every entity. A grain of musk

has been kept for experiment's sake in a bottle for seventeen years, giving off a perceptible aura, yet without loss of weight. The animals that prey upon their food discover by an extremely intense aura some states that man cannot discover. This aura occupies a most prominent sphere in the study of Homeopathies. How do we know the aura of musk? How do we perceive light? How does the animal scent its prey? It is only when the invisible, immaterial substance of man's Vital force comes into contact with another immaterial substance that this aura is felt. The aura of some substances causes sickness in some people. The rose causes sickness in some people. The painter has been known to take colic from the aura of his brush. This has been observed in the colic coming from a newly-painted room. What happens when a man becomes sick is that there is an influx, from the atmosphere, of some deleterious, simple, immaterial substance. This cannot be seen or manipulated, it cannot be detected by the microscope. The dangerous and most noxious agencies are of the unknown. The most astute have failed to find the cholera or yellow fever causes. The cause of smallpox is yet unknown. The subtle influence that in one stroke swoops down upon a village is not measurable by our crude senses. The smallpox, when attenuated through millions of volumes of atmospheric air, comes to the surface through the mails and through old clothing, by inhalation and the slightest contact. When these noxious substances are so crude that they can be seen and manipulated

they are feeble sick-making agencies. Take the coarser poisons as an example. Many of these can be taken into the stomach in crude form with very little manifestation upon the vital force. The smallpox crust can be swallowed and it will be digested and very little trouble comes from it, but the inhalation of the atmosphere that contains the aura of smallpox will bring him down with the disease. I think these examples are enough to convince anybody that the cause of sickness is to be found in some invisible, immaterial substances and not to be detected by the microscope in the fluids of the body.

The next question is to what degree do these noxious influences, when coming into contact with the vital forces of man's economy produce disease and why do they not invariably produce the same sickness in different individuals? The answer to this question involves consideration of one of the basic foundations of Homeopathy, and that is the subject of

Predisposition

We read in the time-honoured textbooks that there is such a condition of the body known as diathesis, in fact, several of them, and that these are hereditary and predispose to disease. What is this diathesis out of which grow so many diseases which is responsible for the growth in one subject of cancer, in one of tuberculosis, in another of Bright's disease, and so on? What is the cause of this lesion and why do not these named exciting causes always produce the same results, and why does not every person subjected to these

exciting causes become afflicted? We have a right to demand these things of traditional medicine. Yes, because there is a predisposing determining influence at work. What is this latent thing that may exist for years in a latent state, be handed down from generation to generation and come to view at any time and cause chronic troubles to follow acute attacks of sickness? Yes, the diathesis, traditional medicine will say. Then, we ask, if a latent wrong like this is capable of existing outside of the tissues for years in an invisible state, can it be doubted that a disease may exist for years with or without changes in the functions or organs of the body?

In answer to this, Hahnemann describes three constitutional miasms that may exist in latency, that develop and progress in the vital dynamis without changing the tissues, that may spring into destructive activity and attack organs and give shape to countless lesions called disease. He affirms that these miasms should be recognised as primary wrongs out of which grow incurable maladies, and all structural changes. These are *Psora*, *Syphilis* and *Sycosis*. Of these later.

The question that has now to be answered is, disease being capable of existing in an invisible and immaterial condition, is it rational to attempt to nullify it by material substances? Hahnemann's deduction was that disease, being of an immaterial nature, could develop only on a similar basis or in a similar sphere, when in contact with a similar quantity of force; and to again reach it curatively a force must be

found equally as immaterial. He argues that tissue changes like waxy liver, fatty degeneration of heart etc., are not the primary expressions of disease but are only the results of disease. Changed feelings are the only primary manifestations. Hence the totality of the symptoms, this outwardly reflected image of the inner nature of the disease, that is, of the suffering vital force, is the vital wrong. These are the signs and symptoms by which we recognise disease. But for the vital disorder there would be no signs and symptoms. As you sit there in your seats in quiet, you are not conscious of your eyes, body or hair. It is only when the functions of the body are disturbed that you say "I feel." So every sensation is a pointer to the disturbing influence. No feeling a man can have is without purpose as there is nothing in the universe without its use. So we must take all these changed feelings and sensations, the totality of these, as the primary expressions of disease, and this is why in Homeopathy this totality is to be prescribed for always.

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CLINICAL REFLECTIONS

AD. LIPPE, M. D. (PHIL)

ON THE morning of the 2nd November I was summoned to see Mrs. C. aged 55 years. In early life this lady resided on the banks of the Delaware, and with the other residents in that locality, suffered very severely from intermittent fever, and still more from enormous doses of quinine, administered year after year for the suppression of that disease.

For more than 20 years she has been under homeopathic treatment, and the admonitory symptoms of chills and fever returned gradually with less severity every spring and autumn. For the last 10 years they were very light, only occasionally reminding her of previous sufferings; her brain and spleen which had been injured from former overdoses were now in an almost normal condition. Early in October, while on a visit to West Point, on the Hudson river, she was exposed to the then prevailing malarial influences, and began to feel badly. Returning to Philadelphia, she suffered, first from diminished appetite, followed by frequently returning watery, but painless diarrhoea, for which she took no remedy, hoping that the disease would be carried off in that way. On the night of the 1st November, she felt very cold on retiring to bed and was awakened about 2 A.M., by a very heavy chill which made her teeth chatter; she had to rise, feeling nausea and a desire to have a stool,

and went to the water-closet back of the back chamber. After a very profuse watery evacuation, she tried to walk to the front chamber, but on reaching the floor, she chattered and shook all over from the chill, became stiff and icy cold to the touch, and in an unconscious state, was carried to bed. Heat was applied and when consciousness returned she was totally blind, not being able to see the strongest gaslight. About 4 A.M., fever set in and she fell into a dose, her breathing very much oppressed. When I saw her at 9 A.M. she was suffering from extreme prostration; was not aware of her unconsciousness at night but remembered the blindness. She complained that the external and icy coldness was not to be compared with the icy coldness she had felt about the heart, that even then she felt cold and pain about the heart, that she had slight headache and backache, and no perspiration after the slight fever heat. The pulse was very weak, irregular, small and less than fifty beats in a minute. She had a dry mouth but no thirst, aversion to food, and her position in bed clearly showed her intense debility, of which she complained bitterly. She received one dose of *Natrum Mur Cm Fk* dry on the tongue. When I saw her at 7 P.M., November 2nd, she had perspired slightly during the day, the tongue and mouth felt

dry, no thirst, pulse over 60 beats in a minute and more regular. November 3rd, she was feeling better, and her condition continued to improve without further medication. On the 6th November, I dined with her at 6 P. M. the lady occupying her usual place at the head of the table. She required no further treatment.

Comments:—There were present three characteristic symptoms of *Natr. Mur.*: coldness about the heart, blindness and consciousness during the chill; and great prostration. Adding to these characteristic symptoms, the irregularity of the pulse, and her exposure to malaria, the choice was very easy; while *Camphor & Gelsemium* had some of her symptoms, the totality of them could be found only under *Natr. Mur.* Then came to be considered the possibility of a return of the chill in twelve, 24 or 48 hours, and the great danger to her life from such recurrence; for she expressed herself as unable not to endure such another chill, which surpassed anything she had ever experienced.

Just in such very grave cases does our true healing-art show itself to the greatest advantage, and it never becomes necessary to fly to other means than those offered us inside of our exclusive school

of therapeutics. Shall we listen to the seductive voice of public teachers who in such cases claim that it is not only the duty, but the privilege of the homeopathic physician to administer massive doses of *Quinine* to prevent a possibly fatal return of such a chill? We positively decline to listen to such weak teachers. If we are true to Homeopathy, it will be true to Homeopathy, it will be true to us—that is our experience; no matter how men may bluster who never tried the experiment. Let them say that a case like this was not cured by the Homeopathic remedy faithfully administered; let them say that the curative virtue of medicine is limited to a certain fixed potency; let them call us hidebound transcendentalists; let them babble about the absurdities of an exclusive dogma and the limits to the applicability of homeopathic practice, all of it will not do away with *Facts*, stubborn facts. Such talks only prove the utter incompetency of a set of illogical and ignorant fault-finders, whose only desire is to drag the noble healing-art and the healers down into the detestable mire of eclecticism, which suits them well.

THE HOMEOPATHIC PHYSICIAN,
Volume 11, page 45.

CORRECTION:—In our August issue, the last sentence on page 12, 2nd column, should read as follows:—

“If an allopathic dose of Opium or its active principle, morphia, may sometimes kill a patient, the Homoeopathic dose of the same drug will not do the least harm even to a child when administered according to indications. Again the minuteness of the Homoeopathic dose makes it correspondingly cheap, so that every man, whether rich or poor, can benefit by it.”

THE HOUSEWIVES' CORNER

HOMEUS

[I propose to hold a competition every month among readers of this section for "the best letter" describing how they have put to use the hints offered in these columns. You are eager to know what the prize is. It is not a money payment—I hope very soon we shall be able to give cash prizes but the letter will be published and the name will be announced in these columns.]

LAST MONTH we were considering the usefulness of Homeopathic remedies in stopping a cold in the very first or initial stages and thus preventing further trouble for your little or big ones. I think some of you might have had occasion to use the remedies and profit from it.

This month I shall offer you useful hints on a few Homeopathic remedies for a very troublesome, elusive and, of course, very often serious complaint of children as well as adults which we call "cough."

I have specially chosen this subject because in this sphere Homeopathy offers you what no other system of medicine can give, a sure and speedy relief.

We have been told that cough is but a symptom and occurs in many diseases. The effective treatment of this complaint or its permanent uprooting must be always left to the able hands of the advanced homeopath. But what I propose to deal with here is the application of our remedies to a temporary state of irritation in the respiratory apparatus which gives rise to a condition known as cough.

In treating cough homeopathically, we must always consider the kind of cough, whether dry or loose, what are the attending circumstances, and under what conditions it is better or worse.

Aconite is suitable when the cough is dry, short, clear and ringing, caused by exposure to dry, cold winds and there is fever and fearful restlessness. Mark the words "dry, cold winds." In the beginning of your acquaintance with Homeopathy, you must get into the practice of picturing the meaning of these words before the mind. Then again, "fearful restlessness". The patient tosses about in agony and the face is expressive of great fear. The temperature is high and the pulse rapid. Where these conditions are present, you can always depend on *Aconite* to give effective relief.

In a condition calling for *Bryonia* also the cough is predominantly dry. Every movement brings on the cough, as also eating or drinking. It is very much better by rest. There is a soreness and pain in the chest and the patient presses his hands upon the chest for relief.

There is another condition in which cough is dry and persistent, almost continuous, where *Ignatia* will afford relief. The characteristic symptom for *Ignatia* is that the more the patient coughs, the more is the irritation and cough. It has been beautifully put in these words: "one cough leads to another." Have you not come across such a condition? Try *Ignatia* when such a state is observed. It often occurs after an attack of influenza or pneumonia.

Rumex is useful for a violent, dry, incessant and fatiguing cough which is worse on inspiring cold air. If you observe the patient carefully, you will find a variety of such conditions. The fear of breathing in cold air is so great that the patient almost involuntarily covers the mouth with his hands or clothes.

Every cough has an individuality like man. You surely must have heard the sound produced by a certain cough as of a saw driven through a board. *Spongia* is equal to such a cough. Remember also that the cough of *Spongia* is made worse by reading, singing or swallowing. This remedy is also useful in chronic conditions where the above symptoms are present.

Very recently I had occasion to use a remedy *Corallium rubrum* which I can never sufficiently praise. Consequent on a cold, my daughter aged 6 developed a cough. After two days I observed that the coughs occurred in rapid succession all day. I must repeat that you will observe these conditions if you know them in relation to your remedies. Otherwise

you will take no notice of them. I gave a few doses of this drug which is a ruby among the remedies for cough where its characteristic condition is present. It is rightly termed "the minute-gun-cough."

Very often an acute cold leads on to bronchitis or pneumonia and it runs into a chronic form and the cough gets loose with copious expectoration.

Sanguinaria has done magnificent work here as also *Kali Iodide* and *Stannum*. It is useful when the cough is accompanied by a pain in right middle chest and there are flushes of heat all over the body with redness of cheeks. Pain in right shoulder and arm is a characteristic symptom of this drug. The sputa are foul and offensive.

Kali Iodide is suitable where the cough takes a chronic form following some acute respiratory ailment. Its differential features are, pains through breast-bone to back and a salty expectoration.

Stannum comes in also in a chronic cough. Here the main features are an excessive weakness in the chest and profuse night sweats. The patient is so weak that he drops into a chair. The expectoration is thick, yellow or greenish. The taste is either salty or sweetish.

Where there is a persistent and severe cough and oppression of breath as a consequence of the great accumulation of mucus, *Senega* is very useful. Such a cough is often found in old men and asthmatics.

Now think and ask yourselves if any of the varied conditions of cough usually

occurring in children or adult have not been covered by one or the other of the remedies. But the point to be remembered in homeopathic practice is to distinguish one kind of cough from another. Your success entirely depends upon your ability to suit the remedy to the particular condition. If you practise individualisation, your results are certain.

I have described so many conditions to help you to see their differences.

Homeopathy offers an inexhaustible mine of remedies for this as well as other complaints. Only a few remedies are mentioned as being of use in daily occurring conditions. When you have mastered these, you can study further remedies.

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HOMEOPATHY ON TRIAL

"JURIST"

BEFORE an august tribunal consisting of eminent medical experts, Homeopathy stood charged with the offences

(a) of empiricism and quackery, and the adoption of occult, unscientific methods in its practice;

(b) of wrongfully proclaiming, as its own, marvellous cures which really did not belong to itself but were actually effected by Mother Nature;

(c) of propounding the revolutionary doctrine of the Law of Similars whose application to the practice of medicine has never been made intelligible to human understanding;

(d) of cheating the world by administering sugar and water under cover of medicine;

(e) and of various allied offences.

Homeopathy has entered on its defence and tendered the first of its staff of experts for the examination of the prosecution.

Crown Prosecutor: Witness in the box, I presume I know Homeopathy fairly well—

Witness: Excuse me, Sir, Homeopathy is a difficult system of therapeutics and has to be known thoroughly well in order to understand a little.

Cr. Pros: I confess I do not know it thoroughly well, but would you please

tell the court whether it is not true that Homeopathic medicines act—

Counsel for Defence: Your Lordships may note the admission that Homeopathic medicines do act.

Cr. Pros: I have not finished.

Counsel for Defence: It may be noted that the Prosecutor has not finished, too.

Judge: Proceed, please.

Cr. Pros: (Turning to witness) Please tell the court whether it is not true that your medicines act through emotional shock and not by any of the fantastic processes that you want the world to believe in?

Witness: It would help my answer to know your interpretation of emotional shock.

Cr. Pros: Well, here you are. The emotion resounds on the small neuro-glandular fibres of the sympathetic nerve system and reinstates by this mechanism the rhythm of the disturbed functions.

Witness: Clever hypothesis, Sir. Much more difficult to understand than the action of the infinitesimal doses.

Cr. Pros: You are not to comment but answer.

Witness: I must request you to illustrate the point, Sir.

HOMEOPATHY ON TRIAL

Cr. Pros: Owing to the emotion produced by a violent discussion with the husband, a lady was attacked by Tachycardia (rapid heart). This resisted all treatments but suddenly yielded to an emotion produced by a motor-car accident.

Witness: An emotion heals what an emotion has caused! There's no better confirmation of the Law of Similars by which we swear. No wonder that the intervention of a Homeopath was mixed up with this catastrophe.

Cr. Pros: Would you or would you not agree that the Homeopath got an undeserved credit for this cure?

Witness: You must try further. Now that you have discovered the secret of the cure, it will be a wise experiment to take your patients suffering from diseases due to emotional shock once or twice a day through the busiest traffic junctions in simple cases and to the scene of a gruesome murder or riot in more complicated cases and, failing all other means, to the nearest homeopath!

Judge: Order, order.

Cr. Pros: I assert that the clientele of Homeopathy are recruited from emotional subjects who are best fitted to receive from that fantastic system the flash of confidence necessary to re-establish normal equilibrium.

Witness: I am yet to hear of any recruiting centres for medical clients. But I submit that I was not born a Homeopath. I practised allopathic therapeutics before I took up Hahne-

mann's. You will, therefore, allow me to affirm with full knowledge and authority, that I have not counted more emotional subjects in my second clientele than in my first.

Cr. Pros: Do you deny the use of suggestion in your so-called cures?

Witness: Is it not very strange and absurd to assume that when a client has received from the Homeopath a simple tube of granules or colourless draught, without odour or taste and of very low price, he receives a suggestion? On the contrary the feelings expressed to me by my clients are, "What nonsense to believe that this will cure me?"

Cr. Pros: And still you say they come to you?

Witness: Certainly. And they tell me as well as any other homeopath, "Doctor, I have not the slightest confidence in your remedies, but as I am tired of being treated by Allopathy without results, I decided to consult you feeling sure at least that you will not poison me, (I know you will give me water and sugar).

Cr. Pros: Do you assert that there is no place for suggestion in your cures?

Witness: May I ask whether you believe it is by suggestion that our American confreres soothe and cure the inmates of their large Homeopathic lunatic asylums where no opium or bromides enter?

Cr. Pros: I don't say that.

Witness: Further, I ask, would animals like unfortunate housewives, be

sensitive to the effect of emotional shock or of suggestion?

Cr. Pros: Where do animals come in here?

Witness: I quote with authority the following cases of

- (1) dog paralysis cured by Rhus Tox.
- (2) milk fever by Bryonia,
- (3) dysentery of calves by Merc. Cor,
- (4) dropsy in horses' legs by Sulphur, Apis, etc. I am submitting the reported cases. I am also submitting for the perusal of the court the results of homeopathic practice in poultry cases published by Jaspar, a breeder.

Cr. Pros: Do you or do you not admit that for children your remedies are useless, for, Nature guards them and casts out disease in them?

Witness: I admit the latter part and also add in support that in children as well as adults, it is only Nature that can heal any disease and yet Nature cannot heal unless the physician arranges her forces properly. The physician is in much the same position as a gardner. No gardner can grow apples himself, but, guided by wit and experience, he can compel Nature to grow apples of the finest sort, or by his incompetence allow Nature to grow crab apples instead of edible ones.

Cr. Pros: Why don't you admit that for children your remedies are useless?

Witness: Because we have seen and known how children have been helped by Homeopathic practice.

Cr. Pros: Illustration?

Witness: We have never known children die of bronchial pneumonia under our treatment. But compare our results with those of allopathic hospitals and you will certainly be edified.

Cr. Pros: Any other?

Witness: As to whooping-cough, mothers bring their children to us saying, "Any one knows that Homeopathy is sovereign in cases of whooping-cough." Unfortunately, many of them do not believe Homeopathy capable of curing other diseases.

Cr. Pros: We have heard so much about your eccentric Law of Similars. Do you pretend that we shall never be able to heal without knowing this famous Law?

Witness: I would say that it has been and shall be possible to heal without *knowing* this Law, but it has never been possible to heal, in the true sense of the word, without *applying* this Law.

Cr. Pros: What do you mean? Explain yourself.

Witness: I mean that the medical profession, ever since the time of Hahnemann, has been unconsciously practising Homeopathy.

Cr. Pros: A most daring suggestion.

Judge: We shall have proof of it.

Cr. Pros: (To witness) where is the application of your foolish Law in allopathic practice?

Witness: What are the allopaths doing daily but applying the Law of similars which permits them to cure

(1) the vertigo of Meniere's Disease by Quinine,

(2) dysentery by calomel,

(3) asystole by Digitalis,

(4) certain uterine haemorrhages by Quinine—

Cr. Pros: Stop. Quinine causes uterine haemorrhages.

Witness: Yes, Sir, but it cures as well. Professor Gubler's Journal of leading allopathic authority which you will not dispute reads: "For certain kinds of Metrorrhagia the use of Sulphate of Quinine is incontestable."

And what about sulphur, Sir?

Cr. Pros: It cures eczema.

Witness: Please hear Nursbam of Munich: "Sulphur acts sometimes in a marvellous manner in cases of eczema, and yet there are subjects in which the application of sulphur produces eczema."

You know that x-rays have produced lesions which are healed in the sick.

What is the calf lymph vaccination of Jenner but an example of the most perfect application of the Law of Similars?

Judge (To Crown Prosecutor): Enough of this. Proceed further.

Cr. Pros: Granting that there is a little sense in the principle of Similars, is it not crazy to assert that you cure with bottles of pure water or sweet sugar of which I could swallow whole tubes without feeling any disturbance?

Witness: I invite the Prosecutor to a test.

Judge: Under what provision of Law could the test be made?

Counsel for Defence: The Court has power, your Lordships, to allow the test or the court may itself take the test.

Judge: Is the court to undergo the mysterious effects of your experiments?

Cr. Pros: Then I pray that the Prosecutor may be subjected to the test.

Judge: Yes. We order so.

(Witness pulls out a bottle of tincture of Glonoine and drops on the tongue of the Prosecutor one drop of it. In about 5 minutes, the Prosecutor begins to complain, "I am poisoned. Murder. Arrest him.")

Counsel for Defence: I surrender this bottle to the court and request that the contents may be analysed by all chemical processes known to science and the results communicated to the court.

(The Prosecutor complains of a throbbing headache seeming to arise from the neck. The throbbing is visible in the carotid arteries. Allopathic doctors are called in and they opine that the case may turn out to be apoplexy).

Judge: As it is apprehended that witness might have administered some mysterious poison in the shape of pure water, the court orders his detention in custody pending investigation of the unfortunate victim's condition. The sessions now stands adjourned.

(To be continued)

READERS' FORUM

DR. F. TOM, B.A., B.COM. (U.S.A.,)

writes under the caption "Homeopathy, the Modern Medical Science."

It is in the year 1796 that the learned German Allopathic Physician, Frederick Samuel Hahnemann, M. D., brought to light this new and rational mode of treatment and ever since then, many medical men of the highest rank embraced the science and began to practise the new art of healing all over Europe and the Continent.

Several civilised countries like America, Germany, France, Italy, Belgium and Spain and many other countries have fully realised the efficacy of Homeopathic Medicine in alleviating and curing the deranged and diseased human organism and have openly recognised and passed Legislative Acts to this effect.

India, in the East, is not at all lacking behind in her recognition of the Science of Homeopathy; most of the States in India have passed legislative enactments in that behalf—Baroda by Act XII of 1933, State of Holkar by an Act in 1936, Travancore state by her Medical Act of 1939, Bombay by the Presidency Medical Practitioners' Act of 1938, and similar resolutions passed in the Central Legislative Assembly by the Government of India in the year 1937 testify to the interest evinced by the Provincial and Central Governments of India. In Bengal, by an Act of 1943, the Bengal Government started a General Council and

State Faculty of Homeopathy to unite all qualified Homeopathic Medical Practitioners of India into one common body and to safeguard the prestige and interests of all such Homeopaths in general.

The Government of Madras is not a whit slow in its encouragement of Homeopathy by its Notification G. O. No. 2403 P.H. dated 15th October 1934. The Local Bodies were instructed that appointments may be given in their Homeopathic Dispensaries to qualified Homeopathic Medical Practitioners.

By the untiring efforts of some of the well-wishers and sympathisers of Homeopathy and the encouragement afforded by the Government of Madras by means of the above Notification, Homeopathy in Madras is coming into prominence and to-day we are proud to have a College of our own in Madras under the name and style "*The Madras Homeopathic Medical College*" at No. 155, Lloyds Road, Madras. Congratulations to the Authorities, and hope ere long they will endeavour their best to make it a first grade College in the teaching of Homeopathic Medical Science and bring forth fully qualified Homeopaths annually to serve the suffering humanity and the public in general.

One will be convinced that the Science of Homeopathy affords immediate relief even in the most obstinate, chronic or acute form of the disease, irrespective of the duration of the complaint and at the same time suits persons of every status and means, besides being a safe and sure mode of treatment.

The Science of Homeopathy is established on sound and safe principles of truth which no other system of medicine could claim, but unfortunately most of our people of Southern India have not yet seriously taken to practising Hahnemannian Healing Art. If the Science of Homeopathy had not the adamic and dynamic force in the cure (not by suppressing the disease but uprooting the same from the human system), it would have long been rejected and disapproved by the Medical Profession of the civilised world and to-day there would not have come into being, so many Acts of recognitions by Governments in the form of Statutes, Acts and Notifications, and more particularly, the western countries would not have provided Seats in their respective Universities.

Let us not lag behind in our enthusiasm and encouragement for Homeopathy: Our Mother India, with her vast rural areas where the afflictions of the poor are so great, and the demand for qualified medical men is so inadequate requires a relief at a cheap cost with a sure and perfect cure, which only Homeopathy could afford.

Mr. P. Sekharan Kutty Warriar, Student, B.H.M.S., Madras Homeopathic Medical College, writes that it was the

discovery of the exact relationship between medicine and disease that has led Dr. Hahnemann to revolutionise medicine.

"To know perfectly well about the real action of a particular medicine or to know what qualities and ingredients a particular medicine has contained to cure a particular disease, there is no other way than to prove that particular medicine on a healthy individual. Each and every medicine has its own individuality. The individuality of a medicine is nothing but the capability of that particular medicine to exhibit its own morbid signs and symptoms (mental, physical, subjective and objective) by its application to a normal healthy individual organism. This is called the pharmacological disease.

"After knowing the individuality of each drug, the physician must have a correct knowledge of the pathology of disease. Dr. Hahnemann's pathology is entirely different from the ordinary one—it is the pathology of the real interior spirit-like nature of the disease, as manifested by morbid signs and symptoms.

"The great Law of Similars has sprung up" continues Mr. Warriar, "from the close and exact inter-relationship of these two diseases, the pharmacological disease or disease due to the application of medicine and the natural disease."

Dr. M. K. Santhanam, Mylapore, Madras, writes:—Homeopathic remedies are not specifics. They do not come under any method of generalisation but

must be used individually according to the law of cure. We must take all the symptoms into consideration, however trifling and select the remedy most suitable to the symptoms found in the patient. The Homeopathic remedy must be administered in the minimum dose.

More frequent doses than required may aggravate.

The change from one remedy to another must never be hastily made.

"Sometimes lower potencies like 3c or 4c of Cuprum, Calicium Castoreum give

better results than 200c or 300c—mostly in women. This I found out in 1943 when I was in the Dispensary of the American Research Homeopathic Society Ltd., of Calcutta at Broadway, Madras. Hence I appeal to our brotherhood to value and apply Homeopathic remedies individually, bearing in mind the figure of the patient with his physical constitution, his habits, mode of living, morality, occupation, social movements, his age; locality, sensibility, and modality of the disease etc., with a loving thought of the patient's recovery."



TIT-BITS

A diagnosis without therapeutic succour is like sincere sympathy to a starving man without food.—Drs. A. and D. T. Pulford.

Our Dietetic rules must be adapted like our medicines, to each individual case. The object of dietetic restriction is two-fold. 1st, to prevent the patient taking any medicinal substance that could interfere with the medicine he is taking, or set up an independent medical action of its own; and 2nd, to prevent him taking any article of food that could derange his stomach or prove indigestible.—Dr. Dudgeon.

Remember that two-thirds of homeopathic practice of medicine consists in curing "drug" diseases implanted by orthodox overdosing which are wrongly called "chronic diseases."—Dr. E. Petric Hoyle.

The most skilful is not he who *never* makes a false selection, but he who does this *least frequently*.—Dr. Grieselich.

The old school must know pathology before they can treat disease and they must have a post-mortem before they can know pathology.—Dr. Kent.

OFFICIAL NOTES

In response to the requests of many of our readers and the public, we are furnishing here Notes on official matters. Under this head we give a comprehensive survey of the steps taken by the Madras Government towards the establishment and advancement of Homeopathy in our Province. It will be seen that the proposals are under the consideration of the Government. Further information will be given as and when it is available to us. Ed.

I

On the 16th September of 1946, the Government of Madras have appointed a "Board of Studies" to assist them in formulating their policy in regard to (1) Recognising the Homeopathic system of medicine and (2) Opening Colleges and Schools for Homeopathy, consisting of the following Members:—

1. Dr. N. M. Jaisoorya, M.D., (Berlin).
2. Colonel K. V. Ramana Rao, I.M.S.
3. Dr. M. Gururaju, L.M.P.
4. Vaidyaratna Capt. G. Srinivasa-murthy, B.A., B.L., M.B. & C.M.
5. Dr. M. R. Guruswamy Mudaliar, M.D.
6. Dr. S. R. U. Savoor, Director of Public Instruction.
7. Dr. Chandramouli, M.B., B.S., Bezwada.
8. Dr. T. Janakiram, M.B., Ch. B., (Edin)

This Board co-opted the following as members:—

9. Dr. M. Parankusam, Principal College of Indian Medicine.
10. Dr. S. Raman, Triplicane, Madras.

The following resolutions were passed by the various sub-committees and approved by the Board of studies.

A. "Every person, who, within the period of two years from the date when registration of Homeopaths comes into force, proves to the satisfaction of the registering authority, that he has been in regular practice as a Homeopathic practitioner for a period of not less than four years preceding the date on which he makes his application—, shall be eligible for registration."

B. I. That the Course of Studies for qualifying as Practitioners of Homeopathic System of Medicine shall conform for the time being with those obtaining in the Syllabus for the Government School of Indian Medicine except those subjects which are distinctive of the Science of Homeopathy as

1. Homeo Materia Medica
2. Organon of Medicine
3. Clinical Homeopathic Medicine, General and Special as Midwifery, Gynecology etc.
4. Homeo Philosophy

5. Chronic Diseases.

6. Pharmacology *etc.*, which shall conform to the syllabus of the General Council and State Faculty of Homeopathic Medicine, Bengal: Pages 23, 24 and 25.***

II. That the Course of Studies for post-graduate in Homeopathy shall be for one year.

(b) That the syllabus shall be the same as being followed by the Royal Faculty of Homeopathy of Great Britain, subject to such modifications as may be deemed necessary in due course.**

(c) That all Degree Holders or Diploma Holders in any system of Medicine approved by Government shall be eligible for the above course

(d) That a similar training ranging from six months to one year may be given as Refresher Course for those Registered Homeopathic Medical Practitioners, who have not undergone any regular course of Medical Studies.

C. 1. That it is desirable that at least one college with a hospital attached to it for instruction in Homeopathy should be started in Madras by Government: The recurring expenditure on it may be calculated on the same basis as in the Government School of Indian Medicine.

2. That till a separate institution could be started the accommodation and equipment in the Government School of Indian Medicine may be used and Hospital facilities for atleast 30 beds may be made in the Hospital attached to the same institution, providing for the

necessary extra staff, equipment and accommodation in the school and hospital.

3. That private institutions which follow the curriculum and other standards prescribed by Government (set up by Sub-Committee No. 2) may be recognised and aided to the extent of three-fourths of the amount of admissible items* of expenditure (recurring and non-recurring).

*Admissible items of expenditure being as follows:—

1. Salaries of Staff (Institution and Hospital-including teaching, clerical and menial).
2. Rents for buildings not owned.
3. Taxes.
4. Ordinary repairs and upkeep of buildings owned by management.
5. Contingencies.
6. Scholarships.
7. Prizes.
8. Additions to furniture made in the year, after permission.
9. Science apparatus and other appliances bought after permission.
10. Library books bought after permission.
11. Gymnasium and games.
12. Outlay not falling under the above heads. (after permission),

II

An Honorary Director of Homeopathy was appointed by the Government of Madras to recommend ways and means

to implement the above recommendations. We understand that among the various proposals made by him to the Government, one provided that until the Government could start a separate College for Homeopathy, a section for Homeopathy may be opened in the college of Indian Medicine. To form a nucleus for such a section the existing students of the Madras Homeopathic Medical

College should be taken into the 1st, 2nd and 3rd year courses. It was also proposed that future admissions to the course in Homeopathy may be made from students possessing the minimum qualification of a pass in Intermediate, and that the course of study should be 5 years to keep in consonance with the qualifications and courses in other medical colleges.

BEWARE! MOTHERS-IN-LAW

A druggist has discovered one thing that mothers-in-law were good for, and that was to try patent medicines on.

Indian Institute of Homeopaths

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Honorary Member: LIEUT. COL. K. V. RAMANA RAO, I.M.S., PRINCIPAL,
THE M. H. MEDICAL COLLEGE, MADRAS.

President: CAPTAIN C. OOMMEN, M. B., B. S., (LATE OF THE I. M. S.)

Governing Council Members: (37 IN NUMBER FROM DIFFERENT PARTS OF INDIA)

Governing Council Resolution No. 4 of 8th June 1947

"The Governing Council of the A.I.A. (H & N), on mature consideration of the existing conditions in India in relation to the present spontaneous urge for the spread of Homoeopathy and the benefits thereof, considers it a sacred duty and a moral responsibility to reaffirm the resolution passed at its meeting held on the 22nd February 1947, (See Appendix A in which this resolution is quoted) and to call the attention of the Madras Government and also of the Central Government to the important facts contained in the said resolution.

To quote Pandit Jawaharlal Nehru, "Serious charges have been levelled against the medical profession. One of the most eminent men of today, George Bernard Shaw, also brought such charges against doctors. In olden days, there was a sense of physicians being public servants functioning for the good of

humanity, but now stress is being made on the business side of the profession."

This is a vivid disclosure of a plain fact, a terrible reality which is the result of unchecked monopoly of the orthodox system of medicine that has long enjoyed partial official favour. The state of affairs in India is made worse by the pitiful dearth of doctors. The natural reaction is manifest in the growing popular urge for the widespread study and practice of Homeopathy, which is being more and more recognised as a scientific system of healing, very harmless but most efficacious and akin to Naturopathy, which is being freely practised by Mahatmaji. Also, the cheapness of this system is particularly suited to the poor economic condition of the Indian masses. In view of all these facts which admit of no controversy, the Governing Council are convinced that, as a definite basis for the betterment of the health conditions of the Indian masses, everything desirable

should be done to assist and accelerate the present spontaneous popular urge for the greater spread of Homeopathy, so as to do the maximum amount of good to the suffering humanity.

In this connection, the Council has noted with great satisfaction, that thousands of Homeopaths and sympathisers of Homeopathy from all parts of India have welcomed the proposal of the Madras Government to recognise Homeopathy, and have sent certain very valuable suggestions in the form of a representation (Appendix A) addressed to the Minister for Public Health and Medicine, Madras. This Council has no hesitation in recording the fact that it fully subscribes to the views expressed in the representation they have submitted and it cherishes the most sincere hope that the same will meet the most favourable consideration from the popular Congress Ministry now functioning in the Province. The Council also feels it desirable and proper to commend the subject-matter of the said popular representation to the notice and consideration of the Central Government.

In the absence of a sufficiency of Government-established faculties to turn out the requisite number of doctors enough to serve the suffering masses of India in both towns and villages, it is imperative that the Government should recognise the need to afford the intelligent laity the same access to the study and practice of Homeopathy as they had before. This, first and foremost, is the unerring constructive method that can be employed at the commencement of a well-intentioned and farsighted medical

reform. Dr. Samuel Hahnemann discovered the Homeopathic law of cure by his own industry and perseverance. Most of the existing Homeopaths in India who are certainly doing good work, are either self-trained or trained through correspondence course. These are great facts that speak for themselves. Ill-conceived laws, prohibitive restrictions and the monopoly of the orthodox system of medicine have had their regrettable consequences in some countries where Homoeopathy has receded much to the background, while the system could gain a comparatively greater popularity in India, mainly because of growing popular enthusiasm, supported by freedom of study and practice. That Ellis Barker, the layman Homoeopath of England is now being allowed to practise this system there and that even a laymen's Homoeopathic Association is being organised in that country should be an eye-opener to all reformers of medicine in India, including the Provincial & Central Governments. And it was with almost scientific precision and practical exactitude that Dr. Hahnemann, the founder of Homoeopathy, said that "a six months' course is sufficient to enable any intelligent mind to grasp the principles of the Homoeopathic law of cure."

In the truth of these words lies the very life of the future of Homeopathy. Nor can experience ignore the gravity of the warning given by Ellis Barker, the Editor of "The Homeopathic World" that Homeopathy is quite simple, but it may be made terribly complicated and obscure (by professionals) to the great and

lasting injury to this wonderful science and art of healing." These salient points must be viewed with the very important reality that the unchecked, nay, properly assisted, popular appreciation of the system, its scientific basis, its harmless nature and its working principle, is a pre-requisite of the first magnitude to the normal growth and spread of Homeopathy to the great and sustaining relief of the suffering humanity.

It is resolved in context hereof that the A. I. A. (H. & N.) being a popular body representing a large section of Homeopaths and sympathisers of Homeopathy in India should take every step it thinks fit and legitimate to educate public opinion in India in favour of Homeopathy and of a wider and universal study of the system. In this connection, the Council, after serious consideration, agrees with the views expressed by the public in their aforesaid representation to the Hon'ble Minister for Public Health and Medicine, Madras, and considers it worth repeating the fact that if there is any institution in India which has done years of continuous and sincere work for the spread of Homeopathy, it is the Grace Medical Mission, which has a large group of qualified doctors as its members. The Council, on a proper scrutiny, is satisfied that the correspondence course being conducted by the Mission is well organised and satisfactory, and it is seen improving day by day, under the persistent efforts of qualified doctors having long teaching experience. There is no doubt about the fact that, at this stage when Homeopathic propaganda is still in its infancy

in India, the Homeopathic-minded Indians require the services of the Mission for several years more, at least until a sufficiency of Homeopathic Faculties has been established to turn out the requisite number of doctors. The Council, therefore, deems it an act of social service to offer recognition to the efficiency of the Mission's correspondence course and to commend it to the public of India. It is also resolved that the Madras Government and the Central Government be requested to give due consideration to this resolution, and to be pleased to grant legal validity to the diplomas or certificates issued by the Grace Medical Mission on the successful completion of its efficient correspondence course by students all over India.

There is no gainsaying the fact that times are changing, and men are growing busier and their hunger for knowledge is becoming increased every day. As a consequence of this, the methods of education are being revolutionised and correspondence courses in a large number of subjects are becoming universally popular. There are correspondence courses in literature, accountancy, commerce, engineering, and a lot of other subjects, when compared to which the system of Homeopathy is better taught through correspondence, and that with comparatively greater benefit.

The superiority of the regular academic course in every professional subject is unquestionable, and the necessity for distinction between Homeopaths trained through regular course and those trained through correspondence course is understandable. A reasonable

position is to have the Homeopathic constructive reform in the shaping of the otitioners classed as A and B, the future of Homeopathy, without running er being those qualified through the risk of indirectly doing it any mate- sient correspondence course as that rial harm under strangling restrictions in he Grace Medical Mission. This will the event of any future enactment recog- iate the difficulties in effecting a nising the system of Homeopathy."

LIST OF ORDINARY SUBSCRIBERS

(Continued from page 2)

24. MR. K. SURYANARAYANA, 31, Sadulla St., T. Nagar, Madras.
25. MR. K. M. JOSEPH, Thammeriaperil House, Perrissery, Chengalur, Travancore.
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39. DR. S. PERUMALSWAMY, 318, Trichy Road, Gugai, Salem.
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41. DR. KRISHNAMURTHY, Homoeopath, Berigai P.O. Salem Dist.
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43. MR. M. MURUGALINGAM PILLAI,
Minmur buildings, Vikramasingapuram, Tinnevely Dist.
44. MR. D. K. RAMA RAO, The Maruthi Medical Store, Dharapuram, Salem Dist.
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(Rest will follow in the next issue.)

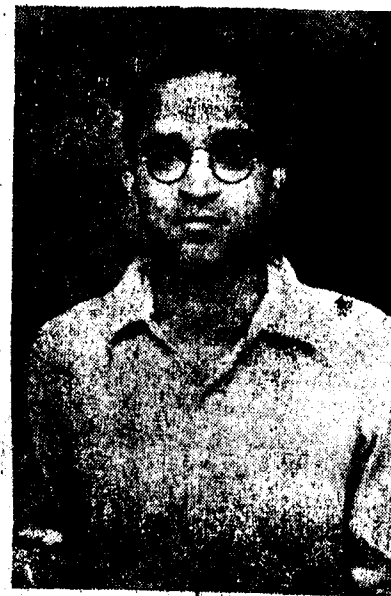
HOMEOPATHIC X. WORDS I

Dr. M. N. VEERARAGAVAN

[This section is introduced for the benefit of all interested in Homeopathy—especially students. No prize of any kind is offered, nor will any fee be levied for taking part in these X Words. The names of successful competitors will be published in these columns.]

The names of Homeopathic drugs in their abbreviations are to be chosen as solutions with the help of the clues given.

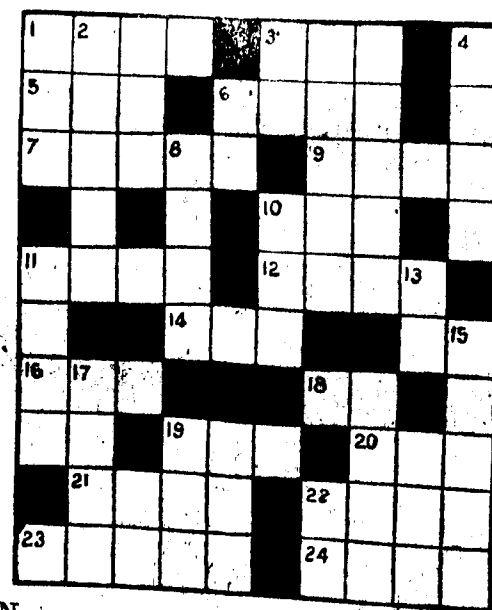
Last date for the receipt of solutions 31-10-47.]



Clues Across

1. The first of the Trio among Restless Remedies.
3. If symptoms correspond, the best drug with which to commence treatment of cases that have been drugged by mixtures, bitters or quick remedies.

5. "Terrible toothache during early months of Pregnancy compelling patient to walk about".
6. An important remedy in the treatment of cancer.



Name.....
Address.....
Date.....

HOMEOPATHIC X. WORDS I

7. The King of Anti-Psorics.
9. This has cured many cases of Epilepsy which had their origin in onanism.
10. One of the chief characteristics of..... is agg. from any motion and corresponding relief from rest, either mental or physical.
11. Aching heaviness in hepatic region >lying on right side, greatly <lying on left side; turning to the left causes a dragging sensation.
12. "The Aconite of chronic diseases."
14.has a "tell tale face" of uterine ailments.
16. For the bad effects resulting from mechanical injuries even if received years ago.
18. Ofcourse, it is bad enough to ask you to do as in 13 down, but it is indispensable especially when Chel. or Kali. c. fails in tackling 'hard, white or smoky masses flying from throat when coughing.'
19.bears the same relation to the diseases of women that Nux does to sanguine bilious men.
20. The Homeopath's Lancet!
21. What a funny chap! He dreams of robbers in the house, and on waking, will not believe to the contrary until search is made.
22. If you come from the other side, you will find in it constant and continual nausea.
23. "Old sinners" with impotence and gleet; unmarried persons suffering from nervous debility require this.
24. CO F³ E² Potentised and Reversed!

Clues Down

1. The Homeopath's Trocar.
2. In general as well as partial Paralysis, one of the most important remedies is.....
4. An infallible remedy in cerebral irritation consequent upon sunstroke.
8.is the chief remedy for Measles.
10. Wild Indigo.
11. Excessive pride in the case of women yields to.....
13. With a d added, it becomes a Nosode
15. Persons suffering from ulceration of the lungs can scarcely get well without this Anti-Psoric.
17. "Always think of.....on seeing withered, dried up, old looking patients." But you will have to arrange this properly before administering it.

We have received the June, July and August issues of the 'Homeopath', published by the Indian Institute of Homeopaths, Kumbakonam. Our review of the same will appear in the next issue—Ed.

Nature Cure II ★ MR. K. SURYANARAYANA, B.A.

How does disease arise, and what is Nature Cure?

The first and last thing that is
demanded of genius is love of Truth.

—GOETHE.

A FORESTER [who is in daily contact with animals and birds in freedom will tell us that very rarely they suffer from disease, food and movements being as designed by Nature. The carnivorous hunt their prey endowed as they are with claws and teeth suitable to tear flesh and to crush bones, the omnivorous partake of both their animal and herbivorous foods, the frugivorous derive their nutrition from fruits and nuts, while the purely herbivorous sustain themselves on leaves and grass. Their respective digestive organs are specially provided by Nature for such foods. No species develop morbid taste for foods not intended for them in Nature. Their selection of foods is entirely guided by instinct, the urge for food being prompted by hunger, taste only aiding the animal to consume its foods. Thus, their food is responsible for their good health and vigorous life. Each species of animals derive their nutrition and strength only from foods intended for them in Nature. There is thus no value in a food except in so far as it is intended for a particular make of the body. Intrinsic value of foods has no bearing on the strength an animal derives

from its foods. An elephant gets all its strength only from leaves and twigs. An ape successfully gives battle to a lion or a tiger, yet it subsists on fruit and nut.

Animals kept in a zoo have a different tale to tell. They very often develop disease. The food given to them is not of their choice nor is it alive when they prey. There is no blood to suck and derive vital energy from thereby. Their movements are arrested being kept in confinement.

The food given to them in the zoo though natural for them is not live food. This one factor makes all the difference. Arrest of freedom of movement is another essential factor. When the activity of the living cells in the body by exercise is arrested, the body is bound to suffer by developing disease. These small differences between their original life in Nature and the artificial life they lead in the zoo, make for such vast differences in their health.

Now the cause for disease in man is apparent. He has strayed from his original home of freedom and plenty and has become a victim to disease and

want. His makeup shows that fruit and nut must have been his food when he was in a state of Nature. His food has now become wholly artificial. He has become an omnivorous animal without the necessary physical equipment therefor. He eats now cereals, no natural equipment having been provided in him to dehusk them, pulses and vegetables which are insipid and cannot provide him with nutrition. He eats "brinjal" or any other vegetable curry which Nature has never produced and never will produce. Where is the brinjal in Nature with chilly powder, salt, condiments, ghee, oils and "fired" to boot! The digestive organ is thus made to negotiate all this stuff. "Dirt is matter misplaced." He must therefore derive very little vitality from these foods. Fermentation sets in in a larger measure than is necessary for digestion, producing morbid matter which deposits itself in various parts of the body. These deposits we call disease, and call them variously according to their location and manifestation. Yet we have seen that it arises from wrong food and wrong attack on food and wrong living.

Life exists on food. So must it depart when food is denied to it. Its existence must, therefore, become lame when the food is such as is not intended for it in Nature. So, it is our stomach that is responsible for disease. When cholera breaks out in a place, the Public Health Authority is always confronted with the question: "Where has it come from?" He has no notion that it has arisen from the stomach of the victim. No doubt, contagion has its own part to play. But the vital cause is the food that

we take. The upsetting cause may be change in seasons, contagion or any other

Life is the make-up of five elements. Difference between species and species exists on the basis of their proportions with which they are constituted. One animal eats another in its raw state. That is one set of elements eats another set. They thus eat themselves. That is Creation! A bigger fish eats a smaller. There is thus no sanctity even in the same species. The elements feed a life both from within and from without. Life exists on foods composed of the elements. The whole creation is changing every minute. It changes itself into various forms. There is no matter dead except that which is "fired." Artificial fire is capable only of destruction and never of construction. Thus, foods are disintegrated under fire. So cooked foods cannot supply us with the elements as constituted in Nature.

No living organism lives without breathing. Lungs are a means of elimination of the heat that is generated in the body by the activity of the living cells. They are not the only means of elimination. Every pore in the billions of pores that exist on the body exudes the toxins that are produced by their activity. Thus, we breathe not only through our lungs but through every pore on the body. It must now be plain what deleterious effect there is of the clothing that we put on, of the closely built residences in which we live as they shut out life-giving elements such as air and the sun. This proves what effect the element of air has upon us. Mother Earth of which the body is made conducts the extra

heat that is generated in the body and is not extracted out by our breathing. Earth conducts heat from the body and must therefore supply it also, when it lacks it. So earth contact should never be cut off. No animal can exist in entirely dry atmosphere. The latter must be tempered with the element of water. No animal lives without water either. The sun is equally important. No life thrives without it. Ether is the knitting force of the rest of the elements and the breath of the Universe. It is, thus, necessary for the body to exist in sound health, that its foods should be products of the five elements, the draining agents of the effete matter also being the five elements. Thus, life exists when the five elements work from within and also from without. This is a condition in which life does not suffer from disease.

If, therefore, disease should not arise, we should attack the stomach. No animal cooks its food nor is there provision for cooking in Nature. The most advanced Western countries eat beef steak while blood trickles down just to derive "vitamins" in their prime state. This is eating carrion and eating it well. But it has a lesson for us. Even so should we eat foods not changing them over too much from what they are in Nature. If we must cook our food, make simple recipes to prevent disease and to maintain vigorous health. Change them the least even if we must eat them cooked. Artificial salt is the bane of our life, because we cannot eat it in its original state. So are condiments and spices, the latter being dire stimulants exhausting the capacity of the nerves.

The elements are the cause of life and sustain life also. Ill health indicates a departure from natural life. So, the cure also must exist in a return to Nature. The food must be corrected as also the way of living. In the course of these articles it will be shown how the effect of the same foods varies when they are differently cooked.

Man must have been confronted with disease when he had departed from natural living. He should always have been working for the miracle even in the sphere of disease. Change in foods should not have given him relief. So, drugs, first herbs, then minerals and thereafter poisons should have come into play. When foods themselves not intended in Nature for man and those others intended for him yet have been completely changed from their natural state by cooking on intensive fire and by frying and the like processes, have not produced the desired effect, the drug can only suppress the effort on the part of the body to throw out foreign matter, for drugs cannot be digested and passed into nutrition. Hahnemann found this self-evident truth as Naturopaths found it in its entirety.

The elements produce life and also sustain it. So must they be curative agents also. Nature Cure, therefore, is a cure by the application of the elements, — mud applications, water baths, sun baths, air baths and open air life.

To the Natural Philosopher, there is no natural object unimportant or trifling. From the least of Nature's works, he may learn the greatest lessons.

(Copy Right Reserved). — Sir John Herschel.

Opium as a Homeopathic Remedy

DR. MRS. A. G. VALLAKALIL, L.H.M.S., (CAL.)



Opium is a drug which has been continuously misused by the Allopaths and Ayurvedists. Often, it is the sheet anchor on which their popularity rests and the dose they allow is $\frac{1}{2}$ to 2 grains or even more. Medical practice without the use of opium or its derivatives would appear unthinkable especially to Allopaths, as they very often take resort to this drug to relieve pains of any sort. And what does the opium do in such cases? It simply makes the patient insensible to the pain for a time without removing the cause, and so, if the vitality of the patient does not assert itself in the meanwhile and the root cause is not removed by natural reaction in spite of the administration of opium, the patient will require a further dose of the same drug to arrest a recrudescence of the trouble. In this way, by a series of repetitions of similar or higher doses, the patient is drugged and he becomes subject to some chronic complaint or

other. This is clearly what the greatest authority in Allopathic Medicine, Sir William Osler, asserted when he wrote, 'By far the greatest part of all chronic diseases is created or complicated through the suppression of drug poisons and through the destructive effects of the drugs themselves.' Opium is also given by allopaths and ayurvedists in many conditions of diarrhoea and dysentery, and in other ailments when the patient is found to be in need of rest and sleep; but Homoeopaths do not give it for the treatment of such specific complaints. According to Homoeopathy, we are to treat the patient as a 'whole' and not part by part. We are guided by the Law of Similars in our selection of the remedy, and not by any single symptom like pain, diarrhoea, sleeplessness etc. Again, the dose of opium generally administered is only one or 2 small pills of the 200th dilution. The ordinary layman who has not been initiated into the system will be simply surprised when he is told that the opium content of this pill is so small that a ship load of the pills will not hold even the smallest dose needed by an allopath for administering to a child. If we are to go according to mathematical calculations, it should contain only such a small fraction of a grain as denoted by the figure

(1 followed by 400 zeroes)

This reminds me of a trouble we have had at the Grace Medical Mission, Mavelikara, with the Excise authorities, when getting down Homeopathic remedies by Railway parcel. There were 2 ounces of sugar pills medicated with opium of the 200th dilution. The Excise officer, whose name I purposely avoid, wanted us to take a special license, if we were to take delivery of this opium preparation. His ignorance was so great that it was with great difficulty we could convince him that all the 2 ounces of pills put together did not contain even one 1000th part of a grain of opium. We have to fight such ignorance of the officials too, and not of the poor illiterates alone, if we are to progress in our work. According to the Molecular theory, no matter can exist in this form. It should therefore be understood that the pill contained not even an infinitesimal quantity of opium, but only some special atomic energy which would have medicinal effect only in suitable cases of diseases. It is by proving the drugs on healthy individuals that Dr. Hahnemann brought out their medical effects, and his *Materia Medica Pura* is full of such provings.

On watching a person overdosed with opium, one finds him in a stuporous condition with stertorous breathing, face red or purple, pupils contracted, and so on. Space forbids me to give details. Again, if we watch such a person coming round from the effects of poisoning, we will realise that he is in a horrible dreamy state, witnessing frightful images, visions of ghosts, fires, murders etc. Some imagine themselves to swell and about to burst. These symptoms

will manifest themselves better and more uniformly, when opium is proved in healthy individuals by the administration of small but repeated doses, and these very same provings provide us with the clue for using it in treatments homeopathically. Opium causes a flow of blood into the brain, if given in allopathic doses, and if given in immaterial Homeopathic doses, it arrests this flow. So it is a great remedy for apoplexy and delirium tremens in the hands of Homeopaths.

Now I shall cite an interesting case where opium effected an instantaneous cure according to Homeopathic principles.

I was put up for few days with Dr. A. George of the Grace Mission Dispensary at Trivandrum. At about 7 P.M., one evening, her infant who was 6 months old was being nursed at the breast by her. By some mishap, the child had a sudden fall from the mother's lap and kept on crying boisterously. Nothing would calm the child. Every time the child was put to breast, it took shock and cried more violently as if terribly afraid of the approach to or the contact of the breast, and totally refused to suck the breast; but it could be made to drink a little from the feeding bottle for a while, just to quench its thirst or moisten its throat. The child had a ghastly and drowsy look, and the face became red as hours were passing. Every one began to get alarmed. As we were only beginners in practice, we could not select the proper Homeopathic remedy immediately. We gave the child Aconite at first; it seemed to quiet the child for a very short time, but

suddenly it showed signs of exacerbation. As we were going on referring to authoritative works like those of Kent and Clarke, we tried also Arnica, Bell, Cham and Cina; all to no purpose. When we found that we were unable to give any relief for over 18 hours, we consulted an allopath, who wanted us to try bromides and a calomel purge. He could not give any definite prognosis of the case, and his look suggested that the case was serious. So we did not want to try allopathy any more, but went on consulting our books. This consultation continued for some more hours, and the child, in the meanwhile, was being attended to by shifts between Dr. George and myself, one of us keeping on reading the book to the other. At last at 2 A.M. in the second night, we went through 'Opium' in Kent's 'Lectures on Materia Medica', and both of us were satisfied

that opium gave a true picture of the case and that it must be the apt remedy for the child's complaint. A tiny pill moistened in 200th dilution of opium effected a magical cure the moment it was put into the mouth. The child ceased crying, gave up its terrified look, and did not take shock on being suckled. Not even injections could have had such an instantaneous effect. In fact, it was more than a complete cure, for there was no mark left of the great ordeal the child had undergone. It was as fit and merry as before the commencement of the trouble. I wonder if such complete revitalisation and cure could be achieved by employing any other system of healing.

In my next article, I shall write my experience with Lachesis, which is cobra poison.

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Leave names out when prescribing. They are for the foolish and Boards of Health.—Dr. Kent.

Medicine has proved to be surgery's opportunity, and the ready recourse to surgery in modern times is irrefutable evidence of the failure of medicine.—Dr. J. H. Clarke.

Nobody has ever seen "anaemia" "measles," "scarlatina," or a "headache," stalking abroad as a separate entity. Symptoms are the language in which the disturbing forces, which we know as disease, speak to us.—Dr. J. H. Clarke.

It is often as important to be able to arrest a medicinal action as it is to start it. A prescriber who cannot antidote a drug-effect is like the driver of a motor who cannot put on the brake. Dr. J. H. Clarke.

ఉబ్బసము - హోమియోపతి చికిత్స

ASTHMA - ITS HOMŒOPATHIC TREATMENT

వేమవరపు వేంకటరమణ శర్మగారు

(గృహచికిత్స పద్ధతి)

తూజా:- 'తూజా' తత్వముగల వాయువు కలుగు ఉబ్బసమునకు తూజా చాల అవసరమైనది. ఈ ఉబ్బసము ఆర్యేనికు లక్షణములతోనే ఉండును. ఆర్యేనికు 'సీరా' 'సిఫిలిస్' తత్వముల విడన పనిచేయునుగాని ఇట్టి తత్వమువిడన పనిచేయలేదు.

నేట్రంసల్పు:- 'నేట్రంసల్పు' తత్వము గలవారిలో తేమగారి పుచ్చుకొండల ఉబ్బస మధికమున నేట్రంసల్పు ఉపయోగపడును. సాధారణముగ ఆయాసము తొలగించుటకు 4-5 గంటలమధ్య అధిక మగును. ఉబ్బసమును రోగి లేచుకొని ఛాతీని రెండుచేతులతోను పట్టుకొనును. కళ్ళి ఆకుపచ్చగ, అధిక ముగ నుండును. వానకాలము, తేమగారియందు రోగిబాధ అధికమగును. ప్రాతఃకాలము విశేషము లుండును.

కాలీబ్రైట్రోమికం:- నందుకూడా ఉబ్బసము ఆర్యేనికు వలెనే ఉండి రోగి లేచి కూర్చుండవలయును. కాని ఈమందులో కళ్ళి చిక్కగ తీగ సాగుచుండును. వ్యాధి తొలగించుటకు 3-4 గంటల మధ్య అధికముగ నుండును. నాడీమండలసంబంధముగ ఉబ్బసమునకు కాలీఫాసు యున్నా, కీర్ణకోశ దోషములతో కలుగు ఉబ్బసమునకు కాలీమూరు యున్నా మూత్రావయవముల దోషముచే కలుగు ఉబ్బసము కాలీ మోడో అయోడికం యున్నా ఉపయోగపడును. కాలీమూరు నందు నాలుక తెల్లగనుండి, కళ్ళి కూడ తెల్లగనుండును. ఈ పొటాషియం సంబంధించిన మందులలో వ్యాధి తొలగించుటకు 2-5 గంటల మధ్య అధికముగ నుండుట ముఖ్యలక్షణము.

నక్కువామికా:- కీర్ణకోశ బాధలవల్లను, క్వాసావయవములం దీడ్పులు (Spasms) కలుగుటచేతను వచ్చు ఉబ్బసమున కీమందు చాల ఉపయోగపడును. కడుపులో బరువుగనుండి రోగి నువ్వులను వదులుచేసి కొనును. కీర్ణకోశము వాయువుతో నిండియుండును (కార్బోవెజ్) ఉబ్బసము భోజనానంతరముగాని నడిరేయి అనంతరముగాని, ఉదయముగాని అధికముగ నుండును. త్రేస్పలవల్ల కొంత ఉపశమనముకలుగును. బాధ భరించలేక రోగి ముందుకువంగి కూర్చుండును.

ఇవికా:- ఉబ్బసముతో ఛాతీయందు బరువుగను, ఆందోళనగను ఉండును. ఉష్ణోగ్రతలు, ఛాతీ గూడకపోవుట, ఏమాత్రము కదలినను అధికమగును. దగ్గ నిరంతరముండును. ఛాతీ అంతయు శ్లేష్మముతో నిండినట్లుండును. కాని కళ్ళి నేమాత్రము ఉష్ణులేదు. వాంతి కలిగిన బాధ చాలవరకు తగ్గును. ఇట్టి లక్షణములే నడిరేయి కలిగిన ఆర్యేనికు సూచించబడును. ఇవికాకు నందు రోగి ఊపిరికడలుట చాలకష్టము.

లొబ్లియా ఇన్స్టిటూ:- ఈమందుకు ఇవికా కు చాల దగ్గర సంబంధముగలదు. కీర్ణకోశ మందు నాల నివృత్తువుగానుండి ఆపివేయు గుండెకు వ్యాపించును. క్వాస చాలకష్టముగ నుండును. వికారము నొందినట్టి అధికముగ నిరూరుటయుండును.

సిల్ఫికా:- ఆయాసము చాల అధికముగ నుండును. తలుపులన్నియు తీసివేయవలయును. తీసిన ఆయాసము వంటబట్టనిరక్త విహీనులందు ఉరుములతోకూడిన వానవచ్చునపుడెల్ల ఉబ్బసము కలుగును. ఇది రోగి తత్వమునుమాన్యు మందులలో వొకటి.

నేట్రంసాను:- ఉబ్బసముతో కళ్ళి పుసుపు వచ్చునుండును.

నేట్రంమూరు:- ఉబ్బసముతో నురగవంటి కళ్ళి చాల అధికముగ నుండును. దగ్గనపుడెల్ల కన్నీరు కారుచుండును.

మెగ్నీషియాఫాను:- ప్రేగులందు వాయు వధికముగనుండి బాధపెట్టుచుండును. ఉబ్బసముతో క్వాసావయవములందు ఈడ్పు అధికముగ నుండును. పొడిదగ్గతో రోగి పరుండలేడు.

లేకసిను:- ఈమందు దనేక రకములగు ఉబ్బసములకు చాల బాగుగ పనిచేయును. నిద్రలో ఉబ్బస మధికమగుటచే రోగి నిద్రనుండి లేచివచ్చును. రోగి మెడవద్దగాని, ఛాతీవద్దగాని ఏమాత్రము స్పర్శను సహించలేడు. చివరకు దగ్గకలిగి నీటివంటి పల్పని కళ్ళి వచ్చిన రోగిఉద్రుతము తగ్గును.

బెర్రెటాకార్బ్య:- నాడీమండల సంబంధముగ ఉబ్బసమునకు, ముసలివారిలో వెచ్చని తేమగారి కధికమగు ఉబ్బసమునకు చాల విలువగును.

బ్రయోనియా:- ఈమందు చర్మవ్యాధు లగుటవల్లగాని, చర్మవ్యాధులు మెల్లగ పైకివచ్చు వారియందు (ఏపిసు) గాని ఉపయోగపడును. సాధారణముగ ఇవికాకు అనంతరమున సూచించబడును. ఉబ్బసమును ప్రేగులలో నొప్పిగానుండి మలవిసర్జనానుమానము కలుగును. కదలిన వ్యాధి అధికమగును.

రూస్తాక్సు:- ఆయాస మత్యధికముగనుండి మరణాందోళన పడుచున్నప్పుడుకూడ ఈమందు ఉపయోగ పడును. తేమవల్ల బాధ లధికమగును.

బెల్లడొన:- రోగి ఏమాత్రము కదలినను వ్యాధి అధికమగును. అయినను రోగి కదలకుండా యుండ లేడు. ఛాతీయందు నిండుగ నున్నట్లుండి పొడిదగ్గ కలుగును. క్వాస ఒక్కొక్కప్పుడు లోతుగ పిల్చుకొను చుండును. ఒక్కొక్కప్పుడు తరచుగ పిల్చుకొనుచుండును.

అర్మికా:- ఏమాత్ర మలసినను, మాట్లాడినను ఆయాస మధికమగును. రొమ్మ చాల నొప్పిగా నుండును. ఛాతీయందు బరువుగను, పొడుచుచున్నట్లు బాధగను ఉండును.

కేమోమిల్లా:- ఛాతీయందు, గుండెయందు చాల బరువుగానుండి అధికముగ దగ్గవలెనని రోగి కుండును. అత్యధికమగు విసుగుదల, కోపము, తగువులాటలవల్ల కలుగు ఉబ్బసము (స్టాఫిల్గ్రియా) రోగికి చెబుటపట్టుదు.

కాఫీ:- మోసగికోరేకమువల్ల అభిమానపూరితులగు వారియందు కలుగు ఉబ్బసముకు ఉపయోగ పడును. గాలి లోనికి పిల్చుకొనుట బాధగనుండును. కొంచెము కొంచెముగ పిల్చుకొనుచుండవలయును. అందోళనముగను, అకారిత్యము ఉండును. శరీరము నడిగనుండి మెత్తుచుండును. కాఫీ అనంతరము మోసగి నట్లు ఉపయోగపడును.

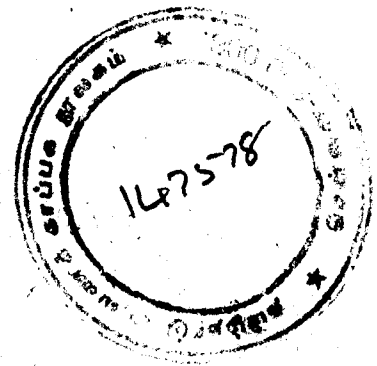
ఎగ్జిక్యూటివ్:- ఉబ్బసము ప్రారంభదశలలో బాధ అధికముగ నుండునపుడు చాల మేలుచేయును. చల్లని కొండగాలి తగులుటచే ఆకస్మికము ఉద్రుతముగ కలుగు ఉబ్బసము.

పల్కటిల్లా:- మృదుస్వభావముగల స్త్రీలయందుగాని, పురుషులందుగాని తలదిమ్మ, నీరసము గుండె దడ, ఛాతీయందు వేడితోను కలుగు ఉబ్బసము కీమం దుపయోగపడును.

సల్ఫరు:- చర్మవ్యాధులు కొంతకాలము, ఆఘాతము కొంతకాల ముండువారియందు, గతముగ కీళ్ళవాతము సంక్రమించు వారియందును, సాధారణముగ నూచింపబడిన మందులు నపుడును సల్ఫరు ఉపయోగపడును.

కార్బోవెజ్:- చాల నీరసముగనున్న వారియందును, ముసలివారియందును కలుగు ఉబ్బసము ముఖ్యముగ ఈమం దుపయోగపడును. ఉబ్బసము అధికముగ నుండునపుడు ఊపిరాడక పోవుటచే మర మానస్సుమగునా యనునట్లుండును. ఉదరము వాయువుతో నిండియుండును (లైకోపోడియం, వామికా). శ్రేణులు కలిగిన వ్యాధి చాలవరకు ఉపశమించును.

(సకేషము)



(In deference to the wishes of many of our readers, we are arranging to publish the above article in English also, from the next issue onwards.—Ed.)

The Madras Presidency Homeopathic Association

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155, Lloyds Road, Royapettah,
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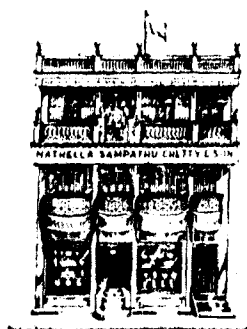
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