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INCORPORATING NATUROPATHY

VOL. II

MADRAS: NOVEMBER 15TH 1947

[No. IV]

Editor-in-chief

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

Editor:

Mr. SUBBA RAO, B.A., B.L.



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VOL. I]

INCORPORATING NATUROPATHY
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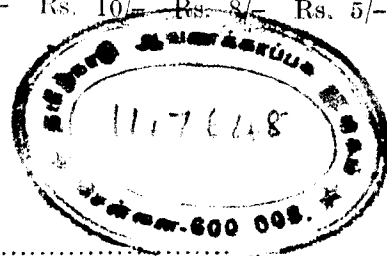
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From the Editor's Desk

DOCTOR AND CITIZEN

Speaking at the second conference of the South Indian Medical Association on 17-10-47, Colonel Bhatia, Surgeon-General with the Government of Madras, has said, "India should follow the footsteps of America in this regard as condition in the two countries were analagous.....It was a pleasure to see a large number of trained scientists who were not medical men who were actively engaged in medical research. There is need for such non-medical research workers in our country, too." The health-loving citizens of our presidency are deeply indebted to him for the very progressive attitude taken by him. We are sure that when such a policy is fully implemented, as no doubt it will be, we shall not only keep abreast of modern times but shall also give the lead to many countries groping in the dark in a matter concerning the health and vitality of the people. For, it is common knowledge that medical affairs are not in any satisfactory condition in the world, much less in our country. From time to time committees are set up, elaborate reports are made, recommendations are proposed and adopted, but the diseases are growing and the nation's health is deteriorating. We have been doped with the idea that medicines are beneficial and are unable to shake off the drug illusion. We see so many new and wonderful remedies described in advertisements and in the Press. Eminent doctors are, however, emphatically protesting against the dangers of drug poisoning. Sir Morell Mackenzie wrote, "If there were not a single drop of medicine in the world, the death-rate would be lower than it is." We can add numerous such pronouncements from no less celebrated authorities. The whole position is tangled, for we have leading doctors decriing medicine, general practitioners administering more and more drugs, and drug combines making vast profits on the sale of the very things which the leading physicians declare to be harmful, while the Medical Research Councils fail to warn us and the Medical Councils refuse to investigate into the state of affairs. As Sajous has exclaimed, "When I was brought face to face with the heterogeneous material which we call "the medical sciences" and with the yearly crop of contradictory theories on each disease, mode of treatment, etc., I soon realised that some gigantic flaw could alone account for so great confusion."

It is not difficult to see what is the "gigantic flaw" quoted by Sajous. First and foremost is the failure of the Medical Councils to take cognisance of the dual action of drugs. Chemicals, including drugs, are subject to a simple law of Nature, "The body reacts in the opposite direction to every stimulus." Thus after alcohol, first, apparent stimulation, then, depression: after a nerve sedative, there is

sleep, but later, increased irritability of nerves; after aperient, first action diarrhoea, next action is further constipation; after an alkali such as sodium bicarbonate for gastric acidity, first relief, then increase of acid flow necessitating further continuation of the palliative. The ruling medical profession is only attempting palliation of stray symptoms of disease rather than aiming at a cure. The lay man, the citizen, the tax-payer, has a fundamental right to know from an academy set up by the State that it is of the inherent nature of medicines grossly to disturb normal life Chemistry. Children revolt against the administration of medicines. Even minute creatures know instinctively that medicines are bad for them. Shall we believe these creatures or the propaganda of the manufacturing chemists? The temporary relief from pain encourages patients to believe in the virtue of drugs but, alas! the secondary effect is always in the opposite direction. Hear the challenge of C. Fraser Mackenzie C.I.E. to the British Ministry of Health. "If every medicine in the British Pharmacopeia is administered in the doses recommended, to healthy persons, in due course most of the persons will develop some disease or other. Some will develop cancer and others various other types of diseases."

Here is a reference to the action of Digitalis by Dr. J. T. Kent. "This drug had done more mischief than any other drug. Every patient who had a fast heart, or anything the matter with the heart was given digitalis. They call it sedative. You have seen how very sedate a patient looks after his death. This is what it does."

Look at the numerous examples of "drug dangers" resulting from a failure to investigate thoroughly their action on the human system before they are put on the market.

Dr. R. R. Kracke, blood specialist states, "The following notable drugs may poison the marrow in the bones, decrease the production of white blood cells, and may cause death; amidopyrine; dinitrophenol; novaldine; sulphaniclamide; (public pets, prontosil and M and B 693 are in this group); sedormid salvarsan etc."

Benzedrine, the confidence drug, which was given to students to help them through examinations, had been given up as it gave obstinate insomnia to some, lapse of memory to others, etc. No wonder, since the after-effects were found to be paralysis of stomach nerves, a condition of heart block, etc.

Examples may be quoted endlessly. But the citizen has a right to ask, "Do wholesale chemists or doctors, when they introduce a new drug, try it on themselves before they test it on their patients?" The answer is "No." Most of them are too wise. Rats, mice and guinea pigs are their form.

"Tragedies from radium are of frequent occurrence and the publicity given to radium treatment of cancer is a disgrace to the Ministry of Health, the Research Council and the vested interests who charge fantastic prices for this body-destroying substance."

In the British Medical Journal dated 14th November, 1936, a joint article by leading M. Bs. and M. R. C. Ps., passed very severe strictures on the irresponsible way in which doctors prescribe Bromides, considering its effect sometimes ending in death or the madhouse. And yet this is the drug which the sick man is made to rely on as his relief from pain.

It is amazing that such an honourable association of men as the medical profession should be content to have matters in this unsatisfactory condition. The failure to make an impartial inquiry constitutes a breach of trust. We are told that endless researches are being made and millions are spent on this account. What is the result? Cancer has more than doubled, and so has lunacy. In spite of countless inoculations, rheumatism and intestinal degenerations are more frequent. In spite of glandular extracts, iodine and surgery, thyroid diseases have more prominence. Can the reason be that research on animal lines is essentially wrong and leads nowhere? This is the opinion of many eminent medical men. Sir James Mackenzie explained why he gave up his large London practice: "For years I had been gradually becoming convinced that the whole tendency of research was on wrong lines."

Let our Free India not copy slavishly the lines of Research condemned by such eminent men as wasteful and worthless. We have already worked too long under such illusions. Then what is the remedy that we suggest? An independent, impartial inquiry must be immediately set up for examining the efficacy of all systems of medicine from Allopathy, Homeopathy, Osteopathy, Naturopathy, Ayurveda, Siddha, Unani, down to the usefulness of Chiropractors, Psychologists, Herbalists, lay men who are specialising in bone setting etc. etc. Our country abounds in numbers of these Practitioners designated "unqualified" and looked down upon by the men in authority. Many of these are men of great learning and very skilful in the art of healing.

We are not pleading for this or that system of medicine. But we protest against the health of a nation being allowed to be dominated by one school of orthodox medicine especially when it has been thoroughly condemned by great minorities within its own fold. Beware of orthodoxy in medicine. From the days of the witch doctor and black magic, orthodoxy while having the good points of conservatism has been the chief stumbling block to progress. It not only suspects all new ideas, which is reasonable, but fails to investigate anything unorthodox, which is unreasonable.

Every advance in science and knowledge has started from minorities and history has shown that orthodoxy has opposed it for long periods. Brilliant doctors like Compton Burnette, J. T. Kent, J. H. Clarke, *etc.*, have exposed the fallacies and dangers of orthodox medicine and have changed to other systems of medicine, but their voices are not heard because they are in a minority. We have liberty of Religion, liberty of Speech, we have wrested from the foreigner liberty of the Nation as a whole. But where is liberty in Medicine? Where is the freedom to select our own healer, qualified or unqualified, orthodox or unorthodox?

What is the remedy for all the ills we have complained of? Here is our answer. In consonance with advanced public opinion in progressive countries of the world, *we suggest the formation of a citizens' Chamber of Health* directed by lay men. Doctors and chemists can be advisers for the Board but not in control. Their business would be to enquire into all debatable medical methods and above all take evidence from all minority cults in medicine and test differences of opinion by practical trials of Fact, and finally to advise the public impartially in all matters affecting individual and public health. This Chamber ought to appoint its own Research Council whose duty it is to check the results of various systems of treatment on a hundred, a thousand, or a hundred thousand, according to the scope of the inquiry. This should be called the Second Medical Research Council.

Even so should there be a second Medical Profession consisting of minorities and dissentients, the Oppositionist group. This is undoubtedly the secret of success of Parliamentary Institutions.

Above all, as the Surgeon-General has very well pointed out, "In order to promote medical research it is necessary that there should be close liason between the departments of health, education and agriculture." Food is the most important single factor in health. The factors of living and food which made the virile races of the Grecian athletes, the Roman gladiators and armies, the Scots at Bannockburn, the peasants of Ireland, the yeomen of England, the celebrated warriors of the Mahabharata and Ramayana, these factors should be investigated and adopted. The Ministry of Food could undertake this department of work. The Ministry of Education can co-ordinate its work with the Ministry of Health by reforming the whole curriculum of medical studies in the light of investigation by the independent body, the Citizens' Chamber of Health. More time should be devoted to the study of prevention of diseases and maintaining robust health rather than pathology and treatment of diseases. Meanwhile great good will result if the students of medicine and the public are taught that the treatment and medicines given in accordance with the orthodox formulae from insulin to bromides, from bicarbonate of soda to sleeping draughts are merely palliative treatment and such methods are not even

expected to cure because they neglect basic causes. For, we cannot any longer afford to ignore the one fundamental fact that the standard of cure guiding the medical profession is very low. We are apt to consider it a cure if an operation is successful. People with similar illnesses are grouped under some disease category and as a result individuality of treatment is lost. Liver, kidney, brain or intestines are separated from the whole person and treated by specialists for the parts most affected. This leads to the mistake of treating the disease rather than the whole individual.

The ideals of the medical profession must be pitched higher. But let it be understood that nothing we have said here should be taken to belittle the marvellous technique of our Surgeons. Nor is it anywhere near our thoughts to deride the medical profession. They are not to blame because our social system in regard to medical practice is very faulty or because the curriculum of medical studies has been deficient in teaching right ways of living including the dietetics of vigorous health.

We therefore appeal to the Popular Government to consider the points raised and take immediate steps to examine every system of medicine in all details and lose no time in bringing into existence the Citizens' Chamber of Health as an independent official body.

It has been remarked that South India is more backward than North India in medical matters. If the lines of improvement suggested here are taken up we have no doubts that Madras shall prove not only to be forward but shall lead the whole world in such a vital matter as good health.

UNKINDEST CUT

Headline in a weekly paper reads "Lioness as riot victim."
A circus lioness—abandoned by her owner— was found in a cage by a search party. She was removed to the S.P.C.A. and none claimed it. After feeding the lioness on a couple of horses, the authorities felt her maintenance was rather costly and reluctantly decided to shoot her.

Whoever the rioters were that victimised the lioness, we might have expected the S.P.C.A. to save at least the horses!

HEALTH, DISEASE AND CURE [Continued]

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

Sustenance and Maintenance of Vital Energy

WE have seen how vital Energy is the prime factor in the maintenance of perfect health and Life. Let us now study how best this vital energy can be sustained, maintained and enhanced. The conditions which are necessary for and influence the proper maintenance of perfect health are:—

1. Wholesome Food.
2. Proper elimination of waste products.
3. Good Sanitation.
4. Sunlight.
5. Open Air.
6. Exercise.
7. Right Thinking and
8. Correct Living.

1. Wholesome Food

The first and foremost thing that maintains all Life is Food. Unless proper wholesome nutrition is given to the body, it withers. The point requires a little careful consideration. The popular and universal feeling is, that the more we eat the stronger we get. If we see a weak underfed man we say "Feed him up". If we consider the question a little more intelligently, we will find that many men are weak, not on account of under-feeding but most probably due to improper assimilation due to irregular

living and improper feeding. If we regulated his feeding and life, he will gain strength more quickly, than any amount of dumping him with more food which he is not assimilating. As a matter of fact there are many instances where people have gained weight and strength very quickly after they reduced their daily intake. Of course there are some instances where starvation has played havoc. But that happens in rare instances and during famine conditions.

We all know how small the requirements of our body are. Take for example a labourer in the field or any where. How well-formed, buoyant, healthy and strong he looks? How much does he eat? Probably two or two and a half meagre meals a day. He does not have two substantial and two more nearly as substantial meals with Iddlis, Thosais etc., (you cannot have them now-a-days (?) by a G.O.) And how soundly that rascal sleeps on any uneven hard ground, with mosquitoes biting him all night and flies crawling all over his face during the day! Whereas we toss about in our nice soft clean beds and cannot get sleep until we take that nice little pill which our doctor prescribed! We have a lot to learn from this fellow.

And look at our Great Mahatmaji, an old man of 78! How much work does he turn out during the 24 hours and what is his daily intake? The proper and

healthy nourishment of the body depends not on the amount of strong food taken, most of which is rejected unabsorbed throwing great unnecessary strain and thus weakening the digestive and excretory organs, but on moderate, proper supply of nutritious and wholesome food, limited to the actual requirements of the body. The maximum amount of such food taken is assimilated, throwing the least amount of strain on the various organs which are thus kept in a state of good tone and strength, enhancing the well-being of the whole body. The amount of such food required, of course, depends on the amount of physical work turned out and is actually much less than is popularly believed necessary for the maintenance of perfect health and strength.

The amount and frequency of our meals must be guided by our appetite. Appetite (hunger) is the call of Nature for more nourishment. It shows that the stomach is empty and that the cells have used up the nourishment supplied to them and they require more. There are 3 kinds of hunger:—1. Habitual, 2. Artificial and 3. Natural.

1. Habitual hunger is what we teach our stomach through habit. The healthy stomach empties itself completely of all ordinary meal in about 4 hours. So many who can afford, have some kind of meal every 4 hours, whether they feel hungry or not, by habit. But just because the stomach is empty, we should not fill it again immediately. No machine will last long if it is made to work continuously. Many of our elders have only two meals a day, whether they

do hard, physical or intellectual work. Of course the amount each takes may vary. Some widows have only one meal a day. We find these two latter classes have greater stamina and capacity for prolonged work and they live longer. Our stomach can get accustomed to longer intervals by habit.

2. Artificial hunger is—don't you know what? Take a peg of whisky, Sherry or something like that, if you are not accustomed; one or two more if you know all about it, and you will know what artificial hunger is. Your stomach might be full and you might not be hungry at all, but after the above prescription you will feel very hungry and are prepared to eat even the cook! The same with many of the "Mixtures" we get from the hospitals for "want of appetite". Or our well-meaning mothers will give you some ginger or pepper powder to be taken with the first few morsels and make the preparations so enticingly savoury as to tempt you. Thus though the stomach is rebelling against any food, they force more food into it by all sorts of expedients. And then they wonder why they became victims to such diseases as chronic gastritis, ulcers or cancer of stomach etc. It is the greatest sin to put food in a stomach which does not ardently crave for it. Lack of appetite means that either the stomach is in such a deranged condition that it is incapable of digesting any heavy food or that the body cells have surfeit of food or they are smothered with waste products or poisons that they cannot absorb any nourishment. The lack of appetite will be better remedied by giving rest to the stomach and the body cells or take

HEALTH, DISEASE AND CURE

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steps for speedy elimination of waste products and other poisons. Healthy natural appetite will slowly but surely come back, without any artificial stimulation which is very harmful and will lead to the downward path of chronic ills.

3. Natural hunger is the best guide for taking in more nourishment. If we follow this carefully we are sure to be perfectly healthy, strong and energetic. Two meals a day for an ordinary adult and three for growing children and people doing hard, physical work should meet all requirement of nourishment fully. Of course no coffees, teas, cocoas etc. in between.

New-born babies should be trained to have their feeds once every 3 hours and no feed at night after the last 9 p. m. feed till the 6 a. m. feed next morning. They can have a feed of clean warm water in the middle of the night. It is the most pernicious habit of putting the baby to breast every time it cries. They are very easy to train (if their grandmothers are not near.) They must be gradually weakened by the 9th month, substituting cowmilk gradually for mother's milk. Solid food, such as rice, vegetables etc., softly cooked till he is capable of chewing, should be introduced. Fresh orange juice mixed with warm water once a day is a great necessity. Inducing the child to take his food by distracting his attention by showing crows or cats, is most harmful. If he does not take his feed he is either not hungry or it is pure cussedness. Both of them can be easily cured by missing a meal or part of a meal. In this way you will not have the necessity to rush to

the so-called Liver-Cures which never cured any. Give the poor mite the chance of his life and don't start his tiny life by drugging him with all sorts of poisons and purgatives. Avoid all Gripe-waters, and instead cut out a feed and give warm water to drink.

Eating when one has no natural appetite or eating more than what is required is the cause of more than 90% of all our diseases and ill-health. The present food shortage is a blessing under disguise, and we don't see much emaciation or weakening round us. It just shows that we can maintain perfect health and strength with much less than we are accustomed to. We must never fill the stomach to its capacity. *The fuller the stomach the duller the intellect.*

From the above, we learn the third great fundamental Truth controlling the maintenance of perfect health. The first two are:—

1. It is the Vital Energy of an individual that controls all phases of Life.

2. The whole body should be taken as one individual entity under all conditions of health, disease and cure, and not each organ separately. (M. H. J., Vol. 1. No. II, Page 66, last para.)

3. Perfect health can only be maintained by taking just the amount and quality of nourishment to meet the actual requirements of the body and no more.

We will now consider what is best to eat and how to eat it.

(To be continued)

THE PRIDE OF PLATINA

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

Act I. Scene IV

(About a hundred yards from the beach a gay, well-furnished rest-house is brightly decorated and is seething with bustle and merriment. In the central hall which is very spacious, a big rectangular table is tastefully adorned with bunches of flowers of various colours in artistic glass vases. About thirty seats are provided for the breakfast of Miss Platina's party which has arrived in the morning. The guests who are scattered in groups around the house are enlivening themselves with conversation. Excited voices are heard from one bunch of guests where a heated debate is proceeding on the question of the value of the various professions.)

Lycopodium: The lawyer's is admittedly the noblest, grandest and most honourable profession, for, theirs is the vindication of justice and the punishment of evil.

Arg. Met: The clergyman is superior, for he cries himself hoarse every day against evil-doing.

Phos: He doesn't use his voice any more than the singer who contributes to more happiness in this dark world than any one else.

Causticum: Well said, Phos.

Miss Arum Tri: By the large attendances at my operas and the en-

comiums heaped on me I must say that the singer does most service to the world. "Music is Divine," said Shakespeare.

Mrs. Sabina: If it is divine, God should not have created people like me and Nux Vomica who would fly from it. Mr. Aconite will agree with me.

Nux Vom: Officers can't be music lovers. What say you, Bryson, man of business?

Bry: I am so occupied with my business that I have little time for anything else.

Calc. Carb: You are fortunate that you can love your business. I had quitted a most thriving business due to lethargy.

Arsenic: There's nothing like business these days. But it needs a will-power that Phos and Lyco cannot have.

(At this stage Miss Platina joins the company laughing most sarcastically).

Plat: Ladies and gentlemen, I've been listening to all your brilliant conversation with great amusement. You all need the services of a profession which you have not thought of so far, the noble doctor's. (Cries of hear, hear, and claps from the party.)

All in a chorus: God save us from this profession! We owe all our ailments to the splendid work of the doctors!

Platina: And how do you cure your sicknesses?

All: We are much better since we began to treat ourselves.

Plat: Let's end this controversy and ask Mrs. Sepia to play the piano for us.

Nat. Mur: She is unwell after the riding in the morning.

Plat: Then let Phosphorous sing a tune.

Phos: Delighted, madam.

(He begins to sing after clearing his throat quite a number of times. While some of the party are listening, Hyoseyamus leads Ignatia into the garden with his arm on her bosom.)

Hyos: You must warn your brother Ignatia. I've heard that Platina wants to fool all of us in the party which she got up only with this intention.

Ign: How do you know that?

Hyos: Her own maid Lily has revealed her plans to me.

Ign: We were thinking she had a soft corner for Antim crude.

Hyos: Shall women ever be trusted? Lily spent an hour with me.

Ign: Neither can men be ever believed.

(crying) Did you not swear that no one will ever rob me of your love?

Hyos: I just toyed with her to learn these secrets. But we must plan to humble her and foil her purpose.

(Meanwhile Tarentula enters, his beard unshaven, his hair uncombed. His demeanour is expressive of a deep plan working in his mind.)

Hyos: Welcome, Knight of the Round Table. All's not well with you, by your appearance.

Tar: You guess aright. I am grieved that we are all made the victims of a woman's pranks.

Hyos: I have just a little while ago got scent of it.

Tar: But I had known it for weeks before we started and made ready my plans for foiling her purpose and to humble her pride. Can I have your help?

Hyos: Most certainly and with pleasure. We have a bond of sympathy, you know.

Tar: We shall talk more of it by and by. Look who comes. It's she in all her spurious affability and love. Let's take our seats at the table.

(To be continued)

ALL THE SAME

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Prohibition and Homeopathy

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

I SHOULD expect a layman to be somewhat curious about the real relationship of these two, Prohibition and Homeopathy, but I am sure that most Homeopaths are aware of the fact that there is a very appreciable amount of prohibition in the principles of Homeopathy. In this article I propose to discuss this relationship, showing how far it is specially applicable to our changing outlook in the progressive independent India.



By the term prohibition, we generally mean prohibition of intoxicants, like toddy, arrack, beer, brandy, whisky and other liquors as well as opium, gancha etc. If the real object of raising the vitality and economic standard of the people as a whole is to be substantially gained, the scope of prohibition should extend to a lot of other articles which too are sapping the people's vitality and are a drain on their thin purse. The so-called medicinal use of drugs including narcotics and stimulants would have to be greatly curtailed and restricted. The general indiscriminate use of tobacco, as also of tea and coffee too, is to be discouraged. A sick man who has formed a drug habit, whether it be aspirin, atebirin, ephidrin, morphia or anything else, is doing as much harm to himself as a man does by constant use of liquor. The same is the case with a man who must always stuff his mouth with handfuls of strong tobacco. Our friends who should have several cups of tea or coffee a day, each followed by

a packet of cigarettes, are by no means better as far as the waste of good money and health are concerned. It is remote to expect law to cover prohibition of these habit-forming things, but organised social work can go a long way in checking the spread of such harmful habits.

What I aim is to prove that if this social work can be extended to the study and practice of Homeopathy as a domestic and social art of healing, it will effectively help in persuading the people to give up on their own initiative, such and other harmful habits as mentioned above, and this will prove more efficacious than legislation in bringing about the desired social reform.

In America prohibition was given a trial, but it failed; the drinking habit of

the civilised people got the better of the intended reform. Excesses in smoking and drinking of alcohol are believed to go with civilisation. Most of our civilised friends would object to these excesses being called vices. Indulgence in them, considered permissible and fashionable in modern life, is called high living. Leaving apart all notions of the so-called high living and civilisation, there was, among drink-addicts of all classes of people, including many allopaths of professional fame, a wrong belief that drinking was necessary for their health and happy existence. This has of late been vehemently refuted in India, and public opinion has been organised to a great extent by social reformers, and particularly the Congress, against the drinking habit.

We now-a-days often hear impressive lectures on the merits of prohibition. We read almost daily learned articles on the horrific contagion of the drinking habit and of the real salvation of human race promised in prohibition. Such truisms as "Wine has drowned more men than the sea," "Intoxicating drinks have produced evils more deadly and more continuous than all those caused to mankind by all the great historic scourges of war, famine and pestilence combined" are heard being repeated everywhere. With the end of the drinking habit, revival of domestic happiness, the one most important thing in life, is assured; many wrecked homes are hoping for reconstruction, the outlook of a large number of families is becoming brighter, and there is peace for women and protection for children.

We are invited to co-operate in giving a speedy end to the three 'D's, Drink, Disease and Debauchery, which it is said go hand in hand. I might put it in another form, viz, Drug, Drink and Disease go hand in hand. This may confound some among the readers, but I shall presently explain. The social reformers and the Congress have managed to create public opinion against drink to a certain extent. But no such opinion has yet been created against drugging, and that is why some do not seem to understand how drug also is a cause of disease and ruin to domestic felicity. There is no other system of medicine than Homeopathy that advocates prohibition of liquors and drugs in material doses, which fact brings to the fore the intimate relationship of Homeopathy with Prohibition.

To be fair to all shades of opinion, it has all the same to be recognised that the working of the scheme of prohibition of liquors has presented a serious problem. Men who have long been addicted to drink do not give up the habit easily. If they used to spend a few annas daily to obtain liquor before they are now spending ten times the amount to procure it secretly. Certain critics also point out that the loss of 17 crores of rupees through the enforcement of Prohibition in these districts, not to speak of the huge expenses for maintaining the large Prohibition staff, is not adequately counter-balanced by a corresponding increase in the income of the villagers. I cannot conscientiously support such criticisms, which are bound to come whenever a bold step towards a revolu-

tionary reform is taken. But, if the Government takes panicky steps to make up for this loss of revenue by imposing unfair taxes on agriculturists and thus tend to work against the grow-more-food campaign in these days when the co-operation of the agriculturists is very essential, I would think that the heaven brought on by prohibition does not promise much salvation to the masses. It is, however, too early to judge the merits or demerits of the scheme in a wider outlook. The opinion that there is an element of coercion in downright enforcement of total prohibition is also not to be regarded with mere contempt. Perhaps a more gentle way, through well-conducted temperance propaganda and effective education of public opinion in favour of abstention, would have had its first place. The recent statement of Prof. N. G. Ranga, President of the Andhra Provincial Congress Committee that, if prohibition was to be a success, it was necessary to engage trained social workers and people with a missionary zeal to carry on the fight against the drink evil, and that it was the duty of the public to conduct a social boycott of all such drink addicts and illicit distillers, will bear out my suggestion. The coupled with gradual tightening of restrictions of the use and sale of liquors and other intoxicants would have prepared those addicted to the habit for what was then to follow, total prohibition. In my opinion, a trial on this line was likely to prove more successful, had it been begun earlier in these 8 districts where prohibition has now been enforced overnight.

My object is not to write an exhaustive essay on the merits and demerits of Prohibition, which the readers know enough to appreciate the reform. Nor do I hold a brief for its advocacy. What I want is to present the parallel problem referred to already, namely, the serious drugging habit now in vogue, the disastrous consequences of which do not appear to be widely realized. Now, let me repeat what I said once before, that Drug, Drink and Disease go together.

In the existing practice of using drugs in material quantities for treatment purposes, we have an analogous problem. It was Dr. Broady who said the following words: "The single, uncombined different and confessed poisons in daily use by the dominant school of medicine number one hundred and seven. Among those are phosphorus, strychnine, mercury, opium and arsenic. And this poisoning is called "Scientific Medicine" and is protected by law, if you please"! While I should admit that what he said is true to a certain extent, I do not pretend to be so emphatic in my condemnation of the orthodox system of medicine altogether. The allopathic drug has got a place of its own; but what I maintain is, that it should only be very rarely used and in special cases. I say, and every intelligent and well trained medical man knows, that a good many of these drugs cause harm by forming habits which are injurious to health. Aspirin was once considered an indispensable drug to relieve pain of all kinds. When our markets were first flooded with this Allopathic preparation of a harmful drug, it was acclaimed to be the best

remedy for all pains, and its use was universally recommended. Even students began to use it freely on their own prescription. One had a few packets of aspirin, Genaspirin or Caffiaspirin in one's household, to be used at random for each and every pain. Now, even allopathic journals repeatedly warn people against the frequent use of this harmful drug, which has unfavourable reaction on the heart. For instance, "*Health*" a journal devoted to the dissemination of knowledge of healthy living, edited by two Allopathic doctors and published from Madras, has thought it fit to give an account, in its October issue, of the waste of money and the harm that can result from the use of these drugs in an article under the heading "Many drugs useless or worse".

It will not be out of place here to quote from the writings of other allopaths of experience and renown against the use of most of the allopathic drugs. Dr. Ramage fearlessly asserted that "in most cases the sufferer would be safer without any physician than with one", and Professor Clarke said, that "in their zeal to do good, physicians have done much harm. They have hurried many to the grave who would have recovered if left to nature."

The unnecessary waste of money can be exemplified by the following instance. We often read complaints regarding the poor supply of drugs in Hospitals. But as a matter of fact the following example will make it clear that there is a monstrous wastage of drugs. A young woman had some trouble at the time of her first delivery. Whether due to mere

misfortune or due to mishandling of the case by the Allopathic doctor who attended the case, the baby could not be got out alive. The doctor thereupon preferred to offer the mother a long term treatment, which she was to follow until her second delivery was ensured safe. She was given 3 mixtures daily and an occasional injection and the course continued without interruption. She conceived a second time, and was advised to continue the daily mixtures and the occasional injections. I think she had already eighteen months of continuous mixtures, punctuated by injections, and she is progressing in her 7th or 8th month. I hope she may deliver safe this time, but what I cannot understand is the necessity for this long term drugging. From mere observation, I am convinced that she is just a simple 'Pulsatilla' case. A few doses of Pulsatilla of the 30th or 200th centesimal potency would have set her right, but the Allopathic doctor was content only with a term of two years of drugging. Poor woman! Myself being an allopath by qualification, training and previous profession, I can just imagine what drugs she is getting. Is it any wonder if her vital force is gradually ruined and she is made susceptible to more serious diseases, inveterate or chronic? Do not such cases, which must be numberless in our land of allopathic monopoly, call for the right sort of prohibition?

I should not be misunderstood as advocating wholesale prohibition of all allopathic drugs. Just as I suggested that total prohibition of liquors, sudden and without warning, was somewhat of an act of coercion, and that a midway course of gradual preparation of the people

addicted to the habit had a reasonable place for temporary trial, I would be tolerant to some extent of the system of drugging, under the allopathic school. I also admit and know by practice and experience that allopathic drugs have a place of their own in relieving the sufferings of the sick and helping their cure too. But there is always a difference between the use and abuse of drugs. If only doctors know what Homeopathy is, they will realise that most of the diseases do not call for the use or abuse of drugs in pathological doses. The real curative power of a drug is not in its quantity but in its force, which is latent in every drug. This force becomes manifest by a special process of potentisation by which, though the matter is attenuated to an infinitesimal extent, its dynamic force becomes magnified and available for use as a remedial agent. The use of the atomic energy in the last war has shown the world that there is nothing surprising in such a principle.

To cite a clear example of the dynamic force of the Homeopathic drug, let me take the case of Cholera. It is a fact well known to every educated class that Cholera is a very infectious disease caused by cholera vibrio. Allopathic doctors try to kill the germs in human intestines by the administration of germicides like potassium permanganate and find the death rate only increasing. But homeopathic remedies like Verat. Alb., Cuprum, Camphor, Carbo Veg, Arsenic etc., in infinitesimal doses have proved very effective. I myself had to use them in Virudhunagar in cholera epidemic in the year 1924, and I do not

remember of any case of death among those taken up by me, whereas the death rate was over 60% in the hands of other allopaths who treated them with allopathic remedies. I could not at that time openly assert that it was Homeopathy that was the cause of my success, as I was then afraid of official ill-treatment. My allopathic colleagues might regard the cures as accidental. It was nothing of that kind. Let them do some research work with this harmless sugar pills in cholera cases at least. I can assure them that they will be well rewarded. It would interest them to learn that Dr. McLahin, the Inspector of British Cholera Hospitals, in his report to the Board of Health regarding the effect of Homeopathic treatment in cholera cases, wrote, "In conclusion, I must repeat to you what I have already told you, and what I have told everyone with whom I have conversed, that although an Allopath by education, principle and practice, yet, were it the will of Providence to afflict me with Cholera, and to deprive me of the power of prescribing for myself, I would rather be in the hands of a Homeopathic than an Allopathic adviser." If this has not served to open the eyes of the Government as to the need for researches in Homeopathy it is high time that public opinion was formed to bring pressure on the authorities until the blessings of Homeopathy are made available to the suffering masses. To those indifferent allopathic professionals, I would again repeat what Pandit Nehru said, that their set back was certainly due to their prejudice and want of adaptability, and their not accepting anything which was foreign to their trade.

In assessing the main points in this article, there are two main methods of using medicinal properties of drugs. One is the Allopathic method and the other the Homeopathic method. In principle, Ayurvedam is allied to Allopathy. In these two systems we have to use material doses of drugs, and these material doses are harmful to one's health. This apart, the use of drugs in material doses involves unnecessary waste. Great quantities of drugs are required and they entail huge expense. If our country is to adopt Homeopathy, we would require only a very small quantity of each drug, and there will be no scarcity of medicine at any time, either in peace or in wartime. We need not hear of transport difficulty in the case of any particular drug not available in this country, as it would not be impossible to get a small quantity of it say one dram, at least by post. From that one dram, a Homeopathic chemist can prepare shiploads of that drug in its high dilutions here alone. This might appear too simple a job to be believed. The common man generally does not attach much importance to things simple and easily secured. On the contrary he will be impressed with things which require tremendous expenditure of money, energy and time. But such impressions are mere delusions. If we are to learn the lesson of the atomic age, we should understand the magnitude of what is apparently minute. A microbe, in spite of its minuteness, may be sufficient to cause a country-wide epidemic. In the reverse order, a minute bit of a drug, attenuated into high dilutions consisting of a number of infinitesimal doses, can save hundreds of victims of

an epidemic. This shows that great destructive or constructive power of Nature resides in things huge and small, just as the presence of God in everything, irrespective of its magnitude or minuteness, is alike.

A word more about prohibition, and I am done. The principle of Homeopathy is to help Nature in keeping one fit and overcoming diseases. A dose of a remedy like Aconite or Ipecac, 6x or higher potency, acts by virtue of its power to rouse the vital force of the patient in its fight against diseases. But in those accustomed to drinks and other intoxicants, the reactive capacity of the vital force to any curative agent will be impeded. So, according to the underlying principle of Homeopathy, Prohibition even as it stands now is a great thing in raising the vitality of the race. But, as I observed at the commencement, organised social efforts should work up the spirit of prohibition further, and discourage the unnecessary use of drugs as well as the constant use of tea, coffee, or tobacco or other stimulants in our society.

Leaving out a detailed analysis of the harmful effects of tea and coffee for the present, let me just cite an instance to show how harmful tobacco is. The students in a pharmacology class took the tobacco from two cigarettes and boiled it a few minutes in a little water. An old cat was to be the subject of the test. Two drops of this concoction was placed on its tongue. Within two minutes, the cat was in convulsions. Another drop on the poor animal's tongue, and it was dead! This experiment was rather hard on the cat but it

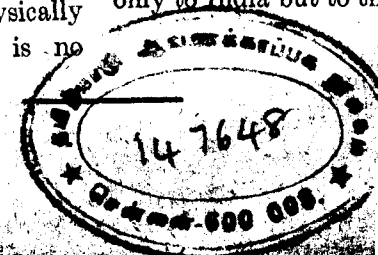
should provide food for thought to those of our friends-and they are a majority-who consider the habit of smoking a luxury as well as a fashionable indulgence. How many of our Ministers and prominent public men who took the leading part in the inauguration of prohibition the other day, had not, at that auspicious time, cigars, pipes or cigarettes in their mouths! Yet, how important is the need for an amount of prohibition in respect of such harmful habit-forming things such as tea, coffee and tobacco! One has to realise that conditions to-day are such that no Government initiative in this direction can be expected other than through the levy of a heavy tax on the sale of these commodities, but the addicts to tea and tobacco are sure to raise strong objection to any such measure of taxation, as they have already done in the case of coffee in the Madras Legislative Assembly the other day.

It is said that when the tax on tobacco was recently enhanced in England, the devotees of this weed were loud in their protests and "tears were shed over the plight of the working man and the pensioner". They calculated that "a man earning four or five pounds a week would have to spend a fourth of his income for a package of cigarettes a day". It is at the same time sarcastically pointed out that "all his wages would not be enough to provide him with a bottle of champagne a day". Concluding these remarks appearing in "Good Health", the writer says that "far from being a necessity, tobacco is a harmful product. Anything which will diminish its use will be a decided benefit physically as well as financially". This is no

doubt an unfavourable comment on the coercion implied in total prohibition by legislation. The only other method feasible to bring about this reform of moderation and naturalisation is through social service organisations working in a non-violent manner. We have to educate the public regarding the harms caused by these things, adopting methods of persuasion, rather than coercion. Will India lead the world in this kind of persuasive prohibition? Gandhiji, in his "India of My Dreams" has avowed his faith in the evolution of an enlightened India in which there will be no room for "the curse of the intoxicating drinks and drugs." He visualises the removal of this curse through non-violent methods.

In the spirit of Homeopathy and in the spread of Homeopathy, there is a greater degree of prohibition than in the prohibition of the sale and use of intoxicating drinks. I hope this will be realised by all reformers, not excluding the Governments, as well as by the public at large in the near future. It is only this realisation which will enable us to raise the economic status of our country and fully enjoy the freedom we have won. Mahatma Gandhi helped us till now to fight against the slave mentality. Let us hope that he will now help us to fight against the monopoly of the Medical profession, the success of which will be one of the greatest achievements in human history and will have the way to a sure achievement of a higher degree of freedom, freedom from disease and freedom from want, not only to India but to the world at large.

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The Housewives' Corner ★ (HOMEUS)

Constipation

I THINK you will all agree with me when I say that the simple irregularity of bowel action going by the dreaded name of constipation has caused more discomfort and suffering to the human race than a majority of ills which we are subject to. So much so that a frantic sufferer had once even burst out into verse after Milton:

"Of Constipation's terrors and the cures

Which doctors' skill and ingenuity
Had devised, Sing, Oh, Heavenly Muse;
Neither Eno's Fruit Salt
Can ever mend the fault,
Nor Castor Oil
Free us from thy coil.

But the terrible blow
Of thy deadly foe
ENEMA, invincible, great,
Can from thy clutches us emancipate."

But the poet's discovery brought him only temporary relief, for after recounting his various subsequent experiments with drugs and remedial measures, he at last gave up the fight proclaiming,

"The one disease
From which no freedom is,
Is the monster of constipation,
By the verdict of every civilised Nation."

The word "civilised" has no doubt a deep interior thought well worth

examining. He concludes, and rightly too that it is mostly a product of modern civilisation, for unhealthy and unsuitable diet, too much mental application, sedentary habits, grief and home-sickness, derangement of the stomach and liver and, most important of all, the frequent use of purgatives, are all the causes of this trouble.

When all this is said, constipation is still a mere symptom or is associated with some other derangement of health and should therefore be treated not as a disease in itself, but as a part of the whole. The permanent cure of constipation is possible by Homeopathic drugs but this branch of work must be left to the clever and experienced Homeopathic practitioner.

The following hints will help you to relieve occasional manifestations of this complaint. Remember always that the cause of the trouble must be investigated, and the attendant circumstances examined carefully with a view to selecting the right remedy.

Nux Vomica:—This drug has been so much abused by the Homeopaths and the laity in the treatment of constipation that it has come to be regarded almost as a specific for this complaint. But it cures its own individual type of constipation and none else. It is useful for persons of sedentary habits like office workers, high livers and the victims of drugs. The nature of the constipation of *Nux Vomica* has its own mark. There

is frequent urging to stool, but no stool passes or only a small quantity passes. Food is not digested and lies like a load in the stomach after meal. With these conditions present you can expect great relief, but remember that the continued use of this drug after the fashion of modern cathartics is dangerous, for it may implant its own constitution on the body with its train of mental symptoms like anger, irritability, etc.

Bryonia is very useful where the stools are large, hard and dry as if burnt. There is thirst for large quantities of water and food lies like a load in the stomach. This patient is also irritable and is averse to movement.

Pulsatilla is helpful where constipation is the result of eating rich oily foods and pastries and there is slowness of digestion. But the patients are generally mild, gentle and of a tearful disposition. Mostly females, especially when pregnant, are helped by this drug.

Ignatia helps a constipation that is the result of riding in a carriage and also in people who suffer from piles. This is

useful when the patient is given to silent brooding on account of grief or long-lasting sorrow.

Silicia is useful for the constipation of infants and females where the stool recedes into the rectum after having partially come out—a very common symptom among infants.

Veratrum Album helps the constipation of infants where the largeness and hardness of the stools causes exhaustion and faintness in straining at an evacuation.

But the one thing to remember in a case of constipation is to avoid the cause after correctly ascertaining it. For instance, if it is faulty digestion, give rest to the digestive apparatus by eating less. Faulty foods must be avoided. Foods containing bran help sufferers from constipation. Failure to answer the calls of Nature is very often the cause. It must be avoided. The reliance on drugs, even homeopathic, must be diminished and recourse had to natural remedial measures such as exercise, regular habits, good and wholesome food, etc.

TRANCE OF THE MEDICAL MEN

British hypnotist, Peter Casson, who, in a recent television try-out, sent several "lookers" to sleep miles away from the studio, hopes that his extraordinary powers can be turned to beneficial use in medicine. The report adds that London medical men have little to comment on this assertion.

Already on the way to the hypnotic sleep, we presume. Any way, we too, have hopes of a brief respite from the deeds of these medical men.

THE POTENCY QUESTION

MR. T. S. IYER

AFTER the appropriate remedy is chosen on the basis of the most characteristic symptoms of a patient, the question of selection of the appropriate potency in which the remedy should be administered to the patient becomes equally important. As a general rule if a suitable remedy is selected, it does act in all dilutions and cures diseases taking its own time, but if quick results or a permanent cure are expected, the dilutions should suit the condition of the patient, *i.e.*, should be the *similimum* for better action and permanent effect. The selection of the dilution or the potency should be based on the following factors—the susceptibility of the patient, the seat of the trouble, its nature, duration and intensity. As it is not possible to lay down any general rules for the selection of the suitable potency, it is necessary to individualise the dose and potency in each case as we do in the selection of the remedy.

From the recorded experiences of our veteran Homeopaths, a few broad principles regarding the classes and conditions of patients for whom certain doses and potencies were found to be suitable may be summarised.

Age

Susceptibility to medicine is strongest in young children and diminishes with age. Small dose in watery solution are therefore, necessary in the case of young children, and act better in medium and high potencies.

Constitution

In the case of sensitive, nervous and irritable persons. High potencies are required.

In the case of slow and dull persons—Lower potencies are suitable.

In the case of slow persons whose susceptibility is diminished by the excessive use of alcohol, coffee, tea, spices and other stimulants—Lower potencies in repeated doses.

In the case of more sensitive persons, who use stimulants—Medium and High potencies act better.

Sensitiveness increased by intellectual occupations and excitement of imagination—High potencies.

Persons chewing or smoking tobacco and those who have long taken medicines, especially metallic medicines, possess little susceptibility and so require low potencies and in repeated doses.

Persons accustomed to hard, out-of-door employment and coarse food—Low potencies.

Women are more sensitive than men and so higher potencies act better in their case.

Deaf and dumb persons require repeated doses in suitable potencies.

Character of the Disease

Diseases running a rapid course—High potencies in small doses.

THE POTENCY QUESTION

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Diseases running a slow course—Low potencies in repeated doses.

In inflammatory affections with increased arterial action and in hæmorrhages with arterial tension—High potencies but repeated in small doses.

In inflammations of a torpid character and venous hæmorrhages—Low potencies repeated in small doses.

Seat of Disease

The more the affected organ is susceptible the higher the potency and *vice versa*, e.g., Dr. C. G. Raue considers it dangerous to give *Bell.* 3 in Erysipelas of the head while it is right for a similar affection of the extremities. Similarly, *Arsenic* Low for Oedema of the lungs, and high for heart affections, though according to some, Low will do for heart affections also.

In local diseases in which the rest of the organism has very little share, low and medium potencies are preferable, e.g., Ulcers, Otorrhœa, Leucorrhœa, Glandular affections, Abnormal growths.

Skin affections—Higher potencies act best.

Affinities of medicines for certain organs

The greater the affinity and the more energetic the action—the higher the potency, e.g.,

Ulcers of the palate are cured by *Mercurius* 30, while those of the genitals require lower dilutions; *Clematis* should be used in lower dilutions in skin affections and in higher dilutions in Orchitis;

Aconite high for throat and respiratory organs, but low for liver troubles.

Idiosyncrasy

Certain persons are peculiarly susceptible to particular remedies and in others even well-chosen homeopathic remedies don't act. In all such cases it is always best to begin with low potencies and go higher gradually.

Dr. Hahnemann recommends *Opium* and *Carbo Vegetabilis* for absence of reaction—low dilution every 12 hours.

In cases due to bad diet and previous abuse of Allopathic medicines, it will be a good plan to stop all medicines and put the patient on diet. After some time, the treatment may be commenced with low dilutions and these will produce the necessary effect if continued for some time.

As regards the definition of potencies, the sixth and lower potencies may be considered 'Low', those above the sixth and up to the thirtieth may be considered 'Medium', two-hundred and above may be considered 'High' potencies.

As most of the provings recorded in our *Materia Medica* were made by Dr. Hahnemann and his followers with the 30th potency, it is considered safest to commence the treatment of all diseases and under all conditions with the 30th potency, unless some other is specifically indicated in the case of particular remedies, and then go higher according to the nature of the disease and the condition of the patient. I shall deal with this subject in further detail in the next article.

PODOPH AND BORAX In Diarrhoea

E. B. NASH M.D., CORTLAND, N.Y.

A CHILD, one year old, but large for its age, with light complexion, black eyes, and dark hair, had diarrhoea for two months. In the beginning of the sickness, *Cham* was given, on account of the great restlessness, with temporary benefit. A little later, *Cale. Carb.* was given, on account of the leucophlegmatic temperament, large head, light-coloured stools and crossness, but with no permanent benefit. Child was carried to the Thousand Islands "in hope of benefit" from the climatic change, but the benefit was only temporary and the child was brought home as sick as ever, and weaker. At this time the following symptoms were elicited; light-coloured offensive diarrhoea, containing undigested matter, stools more frequent in the morning and forenoon. Great restlessness and prostration; has not slept more than half an hour at a time at night, for weeks; grinding the teeth (the few that are out) and gums almost continually. Not much swelling of gums, but do not want them touched. *Appetite Gone.* Gave *Podophyl. CM.* (Fincke) in solution, a teaspoonful after each evacuation. Only two doses were necessary, after which the discharge became natural, restlessness ceased, cheeks (before pale and sunken) flushed, appetite restored, sleeps at night. Cured.

B.—Aged two months, has diarrhoea of greenish stools, every hour or two, day and night; cries much; mouth very sore; white coat on tongue and inside the cheeks. Mother has treated it with powdered borax and sugar for several days without benefit. I gave him *Cham* and followed it some days after with *Sulph.* Grew worse fast, getting weak and emaciated; noticed that when the mother accidentally made a downward motion, with the child in arms, it threw up its hands and showed fear of the downward motion. On inquiring, found this had been the case, all the time. Still the child had never been dropped or hurt by any falling! The child was very nervous, startling and crying at every sound; there was a red eruption on face, mouth was very sore, easily bleeding, raw especially under the tongue. *Borax* must be the remedy. Gave it in the 200th, dry on tongue; cured in a few days.

Thus we see that though Borax in crude doses failed after ample trial, the same given potentized in the minimum dose cured, as does always the *Simillimum* remedy in proper dose. The other remedies failed because they were not homoeopathic to the symptoms.

The Homoeopathic Physician, Vol. 1,
p. 445.

THE STATE OF HOMEOPATHY IN INDIA AT PRESENT

DR. S. RAMAN

THE state of Homeopathy at present in India is just as Allopathy was in India before 1916 when the Indian Medical Degrees Act was passed regulating the education of Allopathy. Then Allopathy was practised by qualified and privately trained people, and some Allopathic private colleges issued Diplomas in Allopathy, and this gave rise to production of inefficient people, and the State became aware of such Institutions and felt the necessity of enacting an act and as well bringing out a schedule of Government Institutions. But graciously they allowed those who were then practising irrespective of their qualifications to register themselves with the approved authorities, and gave them privileges to use the titles obtained before the passing of the Act. In the Indian Medical Degrees Act, an actual provision was made for such a right of usage of titles in the past. This was a correct procedure, and was not interfering with the existing practitioners, and at the same time put a stop to all unhealthy practices in the education in Medical Science. At the same time the same Act excluded also Ayurvedic,

Homeopathic, and Unani Systems from the purview of the said Indian Medical Degrees Act. Thus we could see the wise steps taken, in the right direction.

What is wanted in the case of Homeopathy and other systems of medicine is the same procedure. So long as the Government have not come forward to establish institutions for training in the right direction, it should not restrict by any law the education or practice of Homeopathy, in so far as *bona fide* and efficient institutions have taken up the work. Of course the Madras Government have done right in this direction, but the matter is still to be considered effectively, and I am sure the persons concerned in the Board of Studies in Homeopathy constituted by the Government have given enough materials to build on. And I am sure the present Popular Ministry will come to a quick decision and before long we will see a Government Homeopathic Institution. The government may put a plea of financial stress, but I can only say "Where there is a will, a way shall be found."

NOT AN EASY TASK

DR. A. PETER

HOMEOPATHY is very difficult to study and practise. So every one who likes to become a professional practitioner must be thorough with the principles and philosophy of Homeopathy and he must be studying the materia medica throughout his life time. He must work hard in selecting medicines. Even the great physician Dr. M. L. Sircar examined the case of a boy for a long time carefully but failed to choose the right remedy and he addressed the head of the family: "I say, Haricharan, I don't understand the case. It is quite dark to me. And I can't make a prescription for your boy until I clearly know what is what. I hate guess work." Then, Dr. Sircar was called next day. This time also he failed and said, "I am still fumbling for the key to the case. It needs further study, I'll call to-morrow if I may".

Dr. Sircar called the next day determined to fight it out on that line if it took all summer. He compared notes and studied it from all view points and succeeded.

"Anamnesis of a case is more difficult than its diagnosis" explained the doctor; "You have got to sum up the whole man as it were. A Homeopath must thoroughly study a patient's mind as

well as his body. There's mighty little he can afford to miss. And Homeopathy is the last word on the science of Therapeutics".

"I found Homeopathic treatment to be more difficult than old school treatment. Whereas I could prescribe off hand if I had to treat a case after orthodox methods, I could not do so if I had to treat after the method of the new school without a great expenditure of thought in interpreting the symptoms and signs presented by the patient and of time in consulting books to find a remedy to correspond with those symptoms and signs. Though I had improved my knowledge of the materia medica during the starvation period of six months when I had not practised and therefore had nothing else to do, I found the injunction of Hahnemann felt too true that the conscientious physician ought to consider his knowledge of the materia medica minute enough to enable him to dispense with the necessity of consulting it in every case. After an experience and study of nearly forty years I find the same necessity still existing and I would advise every practitioner of the new system not to lose sight of the Founder's injunction."

Nature Cure

MR. K. SURYANARAYANA, B.A.

What shall we eat? (continued)

WHERE AND WHEN SHALL WE EAT?

The seeker after Truth must himself be truthful, truthful with the truthfulness of Nature. For the truthfulness of Nature is not wholly the same as that which man sometimes calls truthfulness. It is far more imperious, far more exacting.

—Sir Michael Foster.

IV

MAN has developed by exercise the ~~faculty of reason~~ far more than what he requires and has therefore lost instinct. Instinct is the breath of Nature. If instinct is lost, the guiding force is lost. Man is thus blind to-day. Habit is his guide. Environment is the basis for habit. So man does not know at present what his food is in Nature. He has deteriorated from age to age, his fertile brain having been inventing artificial foods ceaselessly. He has migrated to regions which are not habitable by man where he does not find proper foods to eat. Eskimos in Greenland and Iceland find no foods except fish. They fight for a plant whenever it sprouts up. England does not produce all the food that its inhabitants require. So, Englishmen are obliged to import from other countries. But the time required for transit has made them find out means of preservation. Processed foods have thus come into existence. These foods do not keep long in their raw state. Preservation keeps them but none-the-less putrefaction takes place in those foods in however small a degree it may be and whether we are able to see it or not. The white man takes raw materials from here and sends us tinned stuff with plenty of arguments about its worth. Tinned foods do not confer vitality. Allopaths prescribe only these foods to their patients who are in dire need of vitality. Barley-water is a diuretic, that is to say, it throws more burden on the already diseased kidney. Ovaltine, Horlicks and Biscuits are artificially prepared foods. Which patient improves his digestion on these foods? Predigested foods are only a burden on the digestive system. They cannot give nutrition by proxy; nor do the injections given into the blood-stream confer vitality. Anything should go only through the digestive tract. They are only capable of injuring the system, however harmless the medicines may be. The sanctity of a temple should not be invaded. An infinitesimal part of cobra-poison injected into the blood kills a man while, when taken orally, it may not be so harmful. (Medicines come into play and at the

deadliest poisons.) Otherwise how can all these devitalised and indiscriminately chosen foods be digested, both the foods and medicines playing on the vitality of man! When I enter a patient's room my first act is to get all this removed to the last vestige. Foods preserve longer in their raw state in cold climates just as man or beast has a longer span of life there. But preservation in cold storage is bad firstly because air, the breath of life, is shut out and secondly because putrefaction takes place none-the-less. As soon as a food is taken out and its temperature equalises with the atmospheric temperature, the food putrefies more quickly than when it was subjected to this treatment, and will have lost all its taste. Those who take these foods while yet the fall in temperature continues will prematurely shed their teeth besides injuring their digestion. Banned must be the frigidaire for good health. Vacuum-stored foods are no good either for the same reason.

When a mango is picked from the tree, it preserves for a day or two, thereafter it putrefies, the process of disintegration having set in the moment it has been cut off from its parent. We make pickle out of it with the addition of salt, oil, mustard, chilly etc., all these acting as preservatives. Yet putrefaction takes place with the lapse of time. We find the cut pieces becoming softer, the pace of putrefaction being quickened whenever any of these ingredients, mostly salt, are not in their proper proportion. So, pickles must be indigestible, they being putrefied stuff besides having the complement of preservatives which do not allow putrefaction quickly, these

ingredients also putrefying in their own turn though in a slower degree. It is these pickles that are the bane of the countryside where the rural folk must be healthy owing to their manual labour and open-air life. Beware of penicillin, the acme of putrefaction, more deadly than the deadliest poison. It may cure disease more quickly than any known poison, but it will as quickly poison and devitalise the system. In the wake of its free employment a disease thousand times more dreadful than the one it is claimed to have cured will arise and we will have to christen it with the longest Latin name, the language being rich in such nomenclature. Penicillin-disease cases are already coming up. I have come across many penicillin-treated cases suffering from something which doctors are not able to diagnose. The following is a typical example. In to-day's papers the death of Dr. P. Suryanarayana Rao of Royapettah, a specialist in hydrocele treatment, has been reported. He had an attack of typhoid two months back. It was cured with penicillin. He became anaemic and his lungs were affected as a result. It was variously diagnosed as tuberculosis, asthma, pleurisy etc. But no doctor could help a cure. On the other hand, the patient could not stand the restrictions the doctors had imposed on his movements. He called on me a fortnight ago. I found him to be restless, his lungs having been shattered, and his general condition to be miserable. I advised him to fix his residence somewhere near mine so that I could bring him round, immediate attention being necessary. Residence in a thatched shed which I offered him was

not attractive to him. Within a fortnight death claimed him.

Delta and the consequent love of ease have brought the pickles into free use, even brinjals and tubers not escaping this process for want of vegetables which are not cultivated except in summer on account of the paucity of dry land. The present need is not, therefore, a hospital for every village but of dry land for the cultivation of vegetables enough for the village. Reform in this direction will be the most capital public health act and the most urgent item in the Grow-More-Food Campaign. Vegetables should not be fried in fats or roasted but simply cooked. Stale foods should not be eaten. It is best to eat them soon after they shed their artificial heat absorbed by them in the process of cooking. Tamarind and red-gram, our staple foods, should be given up, their colour indicates that they produce great warmth, the first being very hard to digest on account of its sourness. Lime used occasionally is a better substitute. Chilly is a dire stimulant. The less it is used, the better. Appalams, Vadiams, etc., though sun-dried are worse as they have to be fried in fats. Garlic and onion are stimulants and are best avoided. Milled and polished rice should not be used nor should kanji be thrown out. Twice cooked foods are bad and so parboiled rice is not conducive to health.

The consumption of powdered milk and dehydrated potatoes which are being freely used will be telling when especially those who are fed on them develop eye defects, tuberculosis and many more malnutrition diseases. We are made to

think that Western countries produce more milk to spare to us. It is not so. Artificially butter-extracted refuse is dehydrated and dumped here instead of being thrown to pigs as usual to fatten them for they too cannot digest the stuff. We cannot simply stand the foul smell of the milk when it is reconstituted. Institution of medical examination of school children fed on such milk will lead us nowhere for doctors cannot find remedies for the diseases they develop. I would in addition ban the use of all artificial fertilisers which may give us a bumper crop for a few years. Yet the foods produced with their use do not satiate hunger any more than they confer vitality in direct proportion to the quantity consumed. They may please the eye but will surely break the heart. Dregs of castor seed and ground-nut used in the fields no one can stand while they are in the process of decomposition. Yet we expect crops to thrive on them. We thus thresh out the life-forces both in the grain and the soil only to our detriment. Continued use of these fertilisers renders the soil saline, the land year after year requiring more of this stuff till it ultimately refuses to yield. So, whole foods are better digested than extracts therefrom. This is the most vital axiom for good health. Extracted vitamins confer no vitality. The I.M.S. Officer in charge of the Military Contingent in Malta during the War reported that a good many combatants who were night blind regained their sight with the use of oranges for a week while the use of the artificially prepared vitamins for months together produced no effect. So, etc.

frolic. Sleep during day and wakefulness at night retard digestion. Especially patients should not sleep during day. They must retire to bed before 9 P.M. Drinking beverages or even water before bed time is bad unless water is required to quench one's thirst. One should not throw much burden either on the digestive equipment or on the kidney unless the need for it is actually felt.

The wisest man could ask no more of fate
Than to be simple, modest, manly, true,
Safe from the many, honoured by the few;
Nothing to count in world or church or State,
But inwardly in secret to be great;
To feel mysterious Nature ever new,
To touch, if not grasp, her endless clue,
And learn by each discovery how to wait,
To widen knowledge and escape the praise,
Wisely to teach because more wise to learn.

Prof. E. F. SMITH.

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HOMEOPATHIC X WORDS I

The correct solutions of the Homeopathic X Words No. 1 which appeared in our October issue are given below:—

ACROSS		DOWN
1. ACON	14. SEP	1. ARS
3. NUX	16. ARN	2. CAUST
5. RAT	18. BA	4. GLON
6. HYDR	19. IGN	8. PULS
7. SULPH	20. SIL	10. BAE
9. BUFO	21. NATM	11. PLAT
10. BRY	22. CEPI	13. ME
11. PTEL	23. AGNUS	15. KALIC
12. ALUM	24. FFOO	17. RANG

All correct:

Sri S. RAJAGOPALA IYER, Vakil, Shiyali, S.I.R.

One Mistake:

1. Dr. M. VIRARAM PILLAI, The Clinic, Thiruthurai-pundi.
2. Dr. S. SRINIVASAN, The Clinic, Tiruvarur.
3. Sri. M. R. LINGAM, 2nd year Student, The Madras Homeopathic Medical College, Royapettah, Madras.
4. Sri. D. S. R. RAO, 3rd year Student, The Madras Homeopathic Medical College, Royapettah, Madras.

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(Rest will follow in the next issue).

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HOMEOPATHIC X WORDS II

DR. M. N. VEERARAGAVAN

[This section is introduced for the benefit of all interested in Homeopathy. 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.]

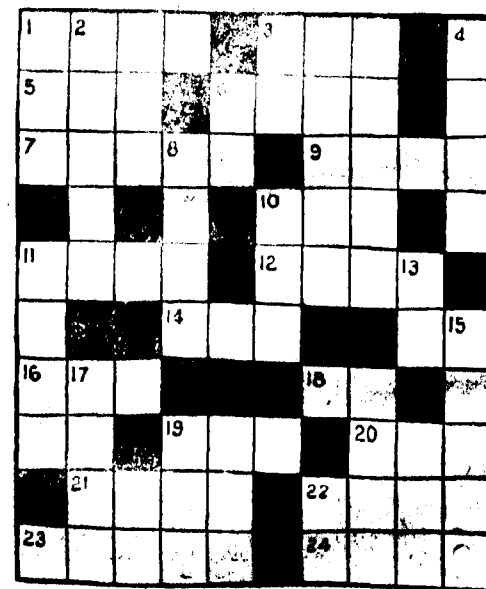
The names of Homeopathic drugs in their abbreviations are to be chosen with the help of the clues given.

Last date for the receipt of solutions 10-12-'47.]

Clues Across

1. Use this for the congestive stage of inflammation before localisation takes place.
3. This damned cuttle-fish causes great sadness and weeping and indifference to those whom she loved best.
5. Mr. Arsenic hiding here.
6. Puerperal convulsions immediately after delivery.
7. "That a patient does not put his feet out of bed, does not rule out....."
9. With slight alterations, you can use this for Hay fever, appearing regularly every year the same day of the month.
10. Children, after having been reprimanded or scolded, are sent to bed and get sick.
11. Though reversed, he is no stranger to you. You know him too well.

He has a thick milky-white coating on the tongue.
12. All symptoms < after sleep.



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

14. Hm! What an awful fishy smell the pus from the ear is!
16. "Stitches or shooting through left chest (upper) towards back or into left scapula"
18. Want of susceptibility to remedies.
19. "Open the abscess with.....and hasten the cure."
20. Poor thing, we have cut off its tail, else, it will go to the root of the evil in Rachitis, caries, and necrosis, and will destroy the cause.
21. Jumbled spelling of a drug which drives diarrhoea patients out of bed early in the morning.
22. You cannot ignore this in treating a case of Epilepsy.
23. Very useful in renal colic with a sensation of passing of calculus.
24. Hahnemann says: "..... acts most beneficially when patient suffers from chronic loose stool or diarrhoea."
4. Intense sleeplessness of irritable, excitable persons from business embarrassments, often imaginative.
8. "'The Pride of" is a very interesting and instructive piece of literature in Homeopathy" writes a distinguished subscriber of our Journal.
10. This ill-fated Miss comes to the rescue of patients complaining of a deep-seated pain of the heart, at apex.
11. Excessive pride in the case of men yields to
13. "Give me a p, and I'll antidote in you the bad effects of mercury and other metals."
15. Important remedy to reckon with in cases of gangrene of the lungs.
17. Intermittent dyspepsia, every other day at same hour; with persistent nausea.
19. is the Aconite of the Venous capillary system.
2. has intense sympathy for the sufferings of others.
1. One of the death-door remedies.

Clues Down

FEWER WOES IN THE WORLD

Puzzled Reader: Well, you explain why you dropped the "o" in spelling "Homoeopathy" in your Magazine.

Editor: (Smiling) Yes, because Homeopathy tends to minimise "Woes" in the world.

THE PREGNANT STATE AND HOMEOPATHY

Mr. V. SUBBARAO B.A., B.L.,

How beautifully are the principles and practice of Homeopathy adapted to the sublimest conditions of womanhood, the pregnant state and out of it through the puerperium? An intelligent study of the characteristics of our drugs reveals their intimate relationship to all the phenomena of pregnancy and the lying-in state. The services of Homeopathy in this field are particularly invaluable since the highly sensitised and sublimated condition of the female in discharging the noble duty of procreation renders totally inadmissible the administration of any form of crude medicine.

Gestation is a most fortuitous time for the woman to take homeopathic treatment. Symptoms representative of her disordered state come out then that do not appear at any other time. It furnishes, therefore, a good time for the homeopathic physician to study the case and give that woman a constitutional remedy based upon those symptoms that will not only remove those symptoms and prepare her for confinement but will remove very much of the disorder in her economy, and she will go on through life liberated from much distress cured from many conditions that perhaps would not have come out but for the period of gestation. The things that are to be observed during gestation are to be added to the constitutional symptoms found when gestation is not present because they are all evidence of a

disturbance in that one patient. And it is the *patient* that is to be treated, not a disease.

The first and most important change in the mental condition of the pregnant female very often expresses itself in fear. That condition of fear is a very peculiar thing and represents the whole state, nature and being of the woman. Fear, fear of every thing, especially fear of death. "I know I am going to die in this confinement." If there is one strong symptom to prescribe *Aconite* on, it is this. Throughout pregnancy we will find the stitching, burning, tearing pains of *Aconite* following fear. Febrile condition from fear. Fear will often cause abortion, but when *Aconite* is given early enough it will check the abortion that comes from fear.

Take a case of threatened abortion in a woman who is extremely sensitive, who has congestion from taking cold, who has soreness. *Belladonna* steps in nicely to help the patient and will even stop the abortion after the haemorrhage has started. *Bryonia* will arrest an impending abortion where it is due to overexertion or from being overheated. Take a case in which an attempt has been made to get rid of the off-spring and the woman has taken drugs or there is an accident and a threatened abortion. Pains are brought on which are strong enough to expel the contents of the uterus, especially in the first, second and

third months. A little haemorrhage has come on, the membranes are not yet ruptured, but soon they will be, and she has burning, stinging pains and she suffers from heat. Even in such a condition, *Apis* is a friend of the prospective mother.

As a medicine to prevent abortion, *Sabina* is one of the first to be considered. It has violent bearing-down pains, pains shooting up from the back to the front and from below upwards, with haemorrhages of bright red blood. It is most useful after the membranes have ruptured or the ovum passed, or when the placenta is about to be expelled. It establishes the normal activities of the uterus. Another great remedy for abortion at the third month is *Sepia* which is indicated by the muscular relaxation, dragging down in the abdomen and pelvis which is ameliorated by sitting with limbs crossed and by pressure. It has also frequent, constant urging to urinate with milky discharges.

In an abortion you may have selected *Belladonna* or *Apis* or *Sabina* which were suitable for the acute condition while the woman was aborting and they either postpone or check the haemorrhage for a time, but the haemorrhage starts in again and you have tribulation. Then give *Sulphur*. These acute remedies have got to be followed by *Sulphur* or *Psorinum* in such prolonged, recurring haemorrhages which are a chronic condition.

We shall now examine some other troubles accompanying pregnancy or consequent on it. We have a routine saying about *Actae Racemosa* that it

makes confinement easy. It is not a commendable saying in Homeopathic practice, but when given according to symptoms to pregnant women, it does make confinement easy. It cures all sorts of conditions in the nervous, rheumatic, fidgety women with jerking of the muscles. There is a great changeability of symptoms.

The general weakness in the reproductive system of the woman causing sterility and abortion during the period of gestation is often met by *Caulophyllum* when it is indicated by a fluttering, quick pulse and irregular action of the heart.

Arnica will help wonderfully when the extreme sensitiveness, soreness or tenderness throughout the whole body is felt especially in the abdominal viscera, in the uterus and pelvic regions. She is sensitive to the motion of the foetus, sore and bruised.

Carbo Veg is one of the medicines that prepare a woman for confinement, i.e., the symptoms calling for *Carbo Veg* are often present in such conditions. She is often run down, relaxed and tired. There is the nausea, the offensiveness, the flatulence, the weakness, and the enlarged veins.

In pale, waxy, anaemic women who always complain of pains in the back, *Kali Carb* is a drug that will make the labour easy for her, provided it fits her constitutional state.

Aesculus is well suited to the soreness and fullness and uneasy consciousness and pains across the back when walking.

A woman who is not naturally a sufferer from constipation, when pregnant,

becomes constipated, with all the characterising features of *Alumina*, i.e., the inactivity of the rectum; no expulsive force; she must use the abdominal muscles and strain a long time. ¹

Another very important condition of pregnancy is the vomiting and nausea. If a pregnant woman has simply disordered her stomach and has vomited bile a few times, the remedy might be

Ipecac. When a pregnant woman has no constitutional symptoms but only an overwhelming deathly nausea with continuous vomiting day and night, *Symphoricarpus* will help. But in most cases gagging and nausea are only a second or third grade symptom and the remedy that is to cure must be a cure remedy. *Sulphur, Sepia and Ka* are among the remedies indicated then.

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