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HOMOEOPATHY

FOR HEALTH & LIFE

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"We have to combat against difficulties.
Life will not be worth living if there are
no difficulties".

—Sardar Patel.



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INDIAN INSTITUTE OF HOMOEOPATHS

The "HOMOEOPATHY"

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HOMOEOPATHY

Managing Editor: Dr. V. R. MURTY

JANUARY

1953

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THE HOMOEOPATHY

JANUARY 1953

BOOK 13

THE NEW YEAR

The "Homoeopathy" has covered one full year of useful service and we are proud to present the first issue of the second volume, with the full hope that it will receive the same generous support from its numerous readers, both in this country and abroad, as in the past.

It is our earnest desire that this must be improved during the current year, than what it has been all along, both in quality and bulk, but this must naturally depend upon the co-operation and support of our readers, and we are sure that these will be forthcoming in abundance so that the "HOMOEOPATHY" can do full justice to the cause so dear to all of us.

The year that has just passed saw certain laws being passed in respect of Homoeopathy in the Bombay, Madhya Pradesh and Travancore-Cochin States. We have not been very happy over these and we firmly believe that such laws and so-called recognition of the system there would really make homoeopathy extinct in those states, sooner or later, because it is our confirmed belief, that

ss any state first makes provision for a first rate pital and College it should not interfere with the --lulation of the practice of homoeopathy. What those states have done is like making provision of rationing of foodgrains and introducing controls when there is actually not even a single grain in the land.

We are glad to find that this principle has been accepted by the Madras State and to that extent we, homoeopaths in this State, are grateful to it. We look forward to the day when the finances of the Madras State would improve to enable it to start an independent and full fledged College for Homoeopathy with a Hospital and all paraphernalia attached to it.

Now before we close we wish to one and all of our readers *a very happy and prosperous new year.*

THOSE CHEST PAINS

Lots of people think first of heart disease when they have chest pains. But actually "only a minority of individuals who seek medical advice for chest pain have heart disease." says a manual of the American Heart Association, issued for physicians. "The symptoms and signs of heart disease may be closely simulated by disorders of other organ systems," it said.

—*Today's Health.*

THE NEW ART OF HEALING

A. HILAM RASOOL, P. L. M. D., M. D. V. A.

The sufferings of human beings are increasing day by day as the world is going further deep in to the present mode of civilisation. We come across numerous new kinds of sufferings and diseases (undefinable diseases), but we have not heard of the existence of such sufferings and diseases in the past—that is during the last century. From this we have to come to the conclusion that the diseases are also taking their modern and latest shapes. as the present modernisation is applied in the new inventions of tonics and compounds. Since the modern and ever changing medicines are highly commercialised nobody seems to take care about the suffering millions but they are bent upon extracting the maximum profit by marketing their products. If it is not the case there must be no complaint and there must be no new and undiagnosed diseases.

If the present orthodox systems of medicines are claimed to be based on principles, there must be some rules and procedures governing that science. But there seems to be none, since its new inventions and compounds are daily coming and fading. Therefore it is perfectly evident that the present orthodox system of medicines is not based on sound and unshakable principles and laws. Therefore and having lost faith in the modern system of so called medicine the sufferers and their benefactors had to search for some other methods of healing, which the almighty has designed for the purpose.

This Divine guided ART OF MEDICINE was discovered by the inspired genius of Dr. Samuel Hahnemann some 150 years ago. His discovery was based on the law of Similars which never changes. He then started to prove his discovery by scientific research, by trying out many different drugs on healthy men and women. His research and observations confirmed his discovery that LIKE CURES LIKE, indeed that it was really one of the Laws of Nature, and hence it became known as the Law of Similars.

Hahnemann found that a drug given in a major dose to a patient, produced at first an aggravation or worsening of the symptoms of the disease, and he found by decreasing them materially, he was able to increase the curative action of the drug. He found that the infinitesimal dose of the most similar drug corresponded to the cause of the disease, re-establishes health. This is the ART OF HEALING based on the scientific drug provings of the Great Hahnemann.

Physiotherapy and Metaphysics have taught us that new varieties of diseases are caused by different and difficult modern complexes, and the nature of diseases are changing day by day and generation to generation. This is due to the poisonous thought forces of human beings. We will have to face with more and more complicated cases in the future, resulting from the evils now present in the world. Therefore it is evident that the mental condition is to be given a first consideration when we talk of healing.

Responsibilities of the healer are great and he must be a true healer, bringer of health and idealist in the

highest sense of the word. He will have to be not only a physician of the body, but above all, he will have to be a healer of the soul and of the spirit.

THE ART OF HEALING called HOMOEOPATHY is based upon an unshakable LAW OF NATURE that can guarantee its cures safely and it is for us Homoeopaths who have used it, know it, and love it, to put our every endeavour forward in to the fight for freedom, whereby it may be freely taught, learnt, studied, practised and enjoyed by the healer and the patient.

FEVER OF 114 DEGREES.

One of the highest temperatures authentically recorded in human beings—114 degrees by rectal measurement is described in the A. M. A. JOURNAL by Drs. Alfred A. Fracchia and Alexander Brunschwig of New York. It occurred in a woman being treated with Coley's toxin for a flare-up of a long quiescent cancerous condition. Within 15 minutes, ice packs and other measures brought her temperature down to 104, and later it became normal. Three different thermometers registered the high temperature, and all ran above their highest calibrated mark of 110 degrees. Laboratory tests later showed that the thermometers were registering 114 degrees.

—*Today's Health*

HOMOEOPATHY AND CHOLERA

By Diwan Jai Chand, D. P. H.

(Abridged from *Health and Homoeopathy*)

Homoeopathy is absolutely scientific. It *knows* beforehand. It knows that that only which can make sick has power to cure—and cure only that condition which it can cause. Homoeopathy can not only cure, abort, prevent and give instant relief in acute sickness, even before it is possible to make a diagnosis of the disease, but it can also lay down the remedy or remedies that will be curative in an unknown disease, never seen, but whose symptoms are known.

This is exactly what Hahnemann did in regard to cholera. He had never seen a case but he knew its symptoms, and was able to prescribe its treatment. And his followers, the much hated homoeopaths, treated it all over the world with unparalleled success.

In 1831, cholera, "the mysterious and murderous pest" was rushing on Europe from the East. Hahnemann started at once on the problem—how it was to be met, and wrote four papers, widely distributed, on its prevention and treatment. Regarding the result of his endeavours he says, "I learn from authentic sources at Vienna, Berlin and Magdeburg, that thousands of families, by following my instructions respecting the treatment by camphor, have cured, often in less than a quarter of an hour, those of their members who were attacked by the epidemic, and

that so effectually that their neighbours knew nothing about it, and still less their medical attendants, who oppose with all their might this treatment so simple, so rapid, and so *constantly* certain in its effects." And in a note he tells us that 'there were cases of patients (for whom camphor had not been employed) who had apparently died in the first stage and were laid out for dead, in whom a finger was seen to move: in these some camphor spirit mixed with oil and introduced into the mouth, recalled the apparently dead to life."

For protection against cholera, Hahnemann recommended a small dose of metallic copper, *Cuprum metallicum*, once a week, warning at the same time that "here the vapour of camphor must be avoided, as it suspends the action of copper." In this connection it is interesting to observe that workers in copper mines are said to be exempt from cholera: and Hahnemann says that "it had been found in Hungary that those who wear next to their skin a plate of copper, were exempt from infection." In the light of this observation it would not be a wonder if many people who are said to suffer from cholera in our own country, in reality suffer from the effects of eating food or drinking tea prepared in dirty copper utensils.

Hahnemann's third great remedy—for the later stage—is *Veratrum album*, which will snatch from the jaws of death, so to speak, those cases of cholera which suffer from excessive vomiting, excessive purging and profuse cold sweat (just as *Cuprum met.* will do where, in addition to vomiting and purging, there are characteristic excessive cramps in calves, etc.)

Hahnemann was in no doubt as to the nature and origin of cholera. He sensed micro-organisms as the cause of infectious diseases, especially cholera, even though in his day there were no microscopes to demonstrate their existence. He speaks of "confined spaces filled with mouldy watery vapours," where "the cholera miasm finds a favourable element for its multiplication and grows into an enormously increased brood of those excessively minute, invisible living creatures, so inimical to human life, of which the contagious matter of cholera probably consists."

Hahnemann was thus more than half a century ahead in his conception of bacteria as the cause of cholera, and in finding out a sure cure when his contemporary medical men were frankly panic-stricken in the presence of this scourge. He also urged isolation and disinfection.

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CHHOTA BHAI & THE HOMOEOPATH

"THE CLOWN"

Place: Dispensary of the Homoeopath.

Time: 3 p. m. The Homoeopath has just entered in to attend his evening work.

Enter: Chhota Bhai.

Chhota Bhai: Namasthe. Doctor Saheb. How do you be doing?

Doctor: Hallo. Chhota Bai. Come in. Come in. O! After how long a time. I am seeing you! Where had you been all along?

C: Me? Doctor Saheb; I been to North India. I been to Bombay, then to Delhi, then to Allahabad, to Benares, to Nagpur and only two days ago I returned.

D: Very good! What News? On what business had you been? Pilgrimage?

C: My business, Saheb; is everything combined. Been to Bombay to see friends. Went to Delhi to attend SHADI for a relation. From Delhi I went to Benares pilgrimage with my old mother. Then returned Sahib.

D: Accha. What all news there? You are so much interested in Homoeopathy, that I am sure you would have seen some homoeopathic doctors there, whether you had any business with them or not?

C: Doctor Sahib is always clever. You right Babuji. I saw omeopaths at all the places.

D: That's good. What about Bombay?

C: Bombay? All Omeopaths feeling very very proud and happy. Because they got registration. They feel happy because Bombay recogneesed Omeopathy!

D: What did you tell then. Chhota Bai.

C: I said Achha! Achha! Ham Bohouth Kush Huva. Doctor Saheb.

D: Why, Chhota Bai?

C: Why because. Oomeopathy recogneesed in Bombay; it is recogneesed in Uthar Pradesh. it is recogneesed in Madya Pradesh and so it will be soon recogneesed in Madhras and my friend Doctor Saheb will be registered doctor.

D: You are wrong Chhota Bai. I do not want to be registered as they have done in those states.

C: Why Doctor Saheb? Are you angry because our health mineester said "One box medeecine and one book".

D: No. No. I am not at all angry for that and I'm not at all angry on the Health Minister. On the other hand I congratulate the Health Minister of Madras.

C: House it Doctor Saheb?

D: In Bombay and other places they have made laws to register all present homoeopaths but they have not made arrangements to open a college and hospital to train homoeopaths for the future. But in Madras our health minister has said that he will not register homoeopaths unless the Government can open a college and hospital.

C: So we going to have Government oomeopathi oospital and college in Madhras. Doctor Saheb?

D: No. No. Chhota Bai. It is not so simple as there is no finance for this purpose in Madras.

C: So what happens? Doctor Sahib?

D: We carry on as usual till such time that Government has the finance to open a homoeopathic college and hospital.

C: Are you happy about this, Doctor Saheb?

D: What else can I do, Chhota Bai? Have you not heard of the proverb "Half loaf is better than no loaf"?

C: Sure. Sure. So I take leave Doctor Sab. I shall meet you sometime later on. Namaste.

D: Namasteji.

Dr. Hahnemann's

ORGANON OF MEDICINE

By "Gemein".

Para 11:

When a person becomes sick, it is the vital force, that gets deranged. As this vital force is distributed throughout the body the entire organism gets deranged. As the vital force is also invisible, the derangement is made known to us by the morbid symptoms found in the different organs and functions of the body.

Para 12:

The morbid phenomena, (that is the different symptoms exhibited in diseases, which are perceptible to our senses) really gives us the real and only clue to the internal changes. In other words, these give us a full picture of the disease. When, under treatment, these symptoms disappear, we have to conclude that the disease has been cured.

Para 13:

There may be instances in which the vital force is not affected and these are damages caused externally by accidents and the like and in these the vital force is not first affected, and such cases come under the province of manual surgery. But we find that this manual surgery is resorted to in very many diseases in which the vital force is deranged first and this is nothing but absurdity.

Para 14:

Nature has provided that whenever there is a morbid change in the interior of man, this is exhibited by signs and symptoms, and an intelligent physician would be able to understand them. When these signs and symptoms are intelligently understood, the whole disease is curable.

Para 15:

It must be considered that the invisible affection of the vital force and the totality of the symptoms exhibited constitute one single entity and should be considered as such,

Para 16:

The invisible spirit-like vital force can be made sick not by material causes, but only by spirit-like dynamic causes. As such the removal of the sickness so caused can be accomplished only by agents similar to the cause; that is by spirit-like, dynamic agents. When such spirit like dynamic agents act on the vital force, that is turned into order first and in turn the external manifestations of the disease also disappear.

(To be continued)

THOUGHT-GEMS IN HOMOEOPATHY.

K. N. Gopala Pillai M. A., Tallichalam, Madurai.

1. We see the disease in a state of progress, and must be able to see it in its beginning. *As was the disease in the beginning so was the remedy in the beginning.* Things that have similar beginnings may have similar endings.

2. In homoeopathy there is no such thing as treating the eye or other organs of the body, *but the patient with all his organs*, not the patient with one or two organs.

3. If we do not know and *distinguish* the things that are *general* from the things that are *particular*, we get our Materia Medica mixed up. We must *distinguish* the things that belong to the patient himself from the things that belong to his parts.

4. The *alternation of states* sometimes means that there are two diseases in the body. Sometimes the remedy covers the whole feature in alternation of states. *Get the symptoms of all the states that present themselves for cure. A remedy that is capable of bringing out the two groups of symptoms is sufficient to cure this alteration of states.*

5. Homoeopathy teaches that *the patient should be treated and the patient only*, after which the organs and tissues become normal.

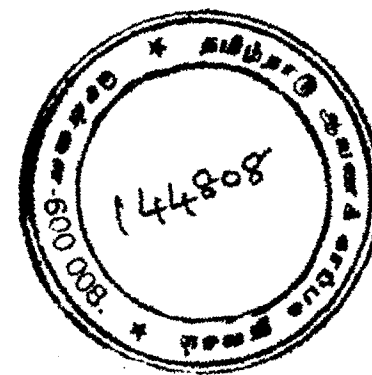
6. Every *Medicine* must be observed as to *its velocity*, as to *its pace*, as to *its periodicity*, as to *its motion*, and *its wave*. We get that by looking at the symptoms.

7. A *nervous homoeopath* is one who does not wait for his own convictions to be ultimated does not write for his remedy to work and he gives another and another.

8. The Doctor who *prescribes correctly* turns the *vital state into order*. He cures the patient and the patient being in a state of order, commences to repair his body and the tissues go through a *general house cleaning* and such things as are not needed are dispensed with.

9. All *Remedies* are full of *freaks* and it is the *figuring out of these peculiarities* that enables us to do good prescribing.

10. Every remedy has its *pace*, its *time of aggravation*, and its *time of amelioration*.



mode of living, were so effective that when I saw him last year at his new home he was proud to show me the garden and cemented drive, all of which he had undertaken himself unaided.

In selecting the appropriate remedy for the patient, the totality of the symptoms must be considered, and should there be any difficulty in matching the symptoms with the short descriptions given under the following suggested remedies reference should be made to a *Materia Medica*.

The selected remedy should be administered as suggested, until there is either an aggravation or an improvement, when the medicine should be stopped until the position is again stationary, then the remedy should be repeated or a new remedy selected according to the symptomatology.

Arnica. This remedy is useful where there is a history of physical strain; vertigo, headache, red full face; pulse feeble and irregular; better lying down with head low.

Dose: Three pilules of the 12c potency every four hours.

Aurum muriaticum. When the high blood pressure is of nervous origin this remedy will assist. Head symptoms predominate. Vertigo, with strong palpitation, congestion to the head and chest. Patient becomes despondent, suicidal and is worse in cold, and from sunset to sunrise.

Dose: Three pilules of the 4c potency morning and evening.

• *Adrenalin*. This medicine has been used successfully in high blood pressure of both nervous and arteriosclerotic origin. Vertigo, headache, roaring in the ears, nausea and vomiting are the symptoms usually calling for this remedy, especially when there is a sensation of constriction in the thorax.

Dose: Three pilules of the 3c, 6c or 12c potency morning and night.

Baryta muriatica. This is a very frequently indicated remedy and should be thought of where there is headache or rather a heaviness of the head, worse at night; vertigo; buzzing in the ears; and gastric symptoms.

Dose: Three pilules of the 3c or 6c potency three times daily. (This remedy needs to be taken for long periods.)

Crataegus. This is an excellent remedy for arteriosclerosis where there is mental dulness; pain at the back of the head; vertigo; breathlessness on exertion; pulse feeble and intermits; blueness of fingers and toes; all symptoms worse for exertion or in warm room; better in the fresh air, quiet and rest.

Dose: Three to five drops of Mother Tincture in a tablespoonful of water before meals daily. (This remedy is an excellent heart tonic and needs to be taken for some time to obtain good results.)

Glonine. A sense of mental confusion with dizziness; throbbing headache; irritability; heart throb felt in ears; worse for any heat or lying down, would suggest this remedy; together with disturbance of vision; whole body throbs.

Dose: Three pilules of the 6c potency, morning and night.

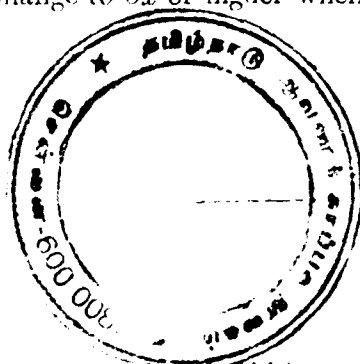
Plumbum. This remedy is suited to nervous and arteriosclerotic conditions and is useful when the disease is commencing and the kidneys are involved. Loss of memory; pain as of a ball rising from throat to brain; face gale; wiry pulse; patient feels pulse in finger tips; cramp in calves; tingling and pain in legs; extreme weakness. Patient feels better for exertion and worse at night.

Dose: Three pilules of the 30c potency every morning.

Natrum Iodatum is useful in high arterial pressure where the pulse is hard and there is pain in the chest, together with giddiness and breathlessness. The patient is thin, emaciated and chilly, yet feels better in the open air.

Dose: Three pilules of the 1x potency three times daily. (Change to 3x or higher when pulse is softer.)

—Heal Thyself



The sense of humor is the oil of life's engine. No lot is so hard, no aspect of things so grim, but it relaxes before a hearty laugh.

— G. S. Merrien.

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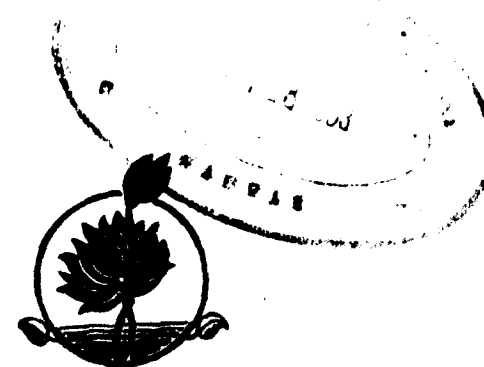
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VOL. II

FEBRUARY 1953

BOOK 14

MEDICAL AID FOR THE RURAL AREAS

Every one connected with Homoeopathy and Indian medicine in this country has been anxiously awaiting the result of the deliberations of the Health Ministers' Conference held at Hyderabad during the last month-end but as usual, after seriously debating various points, the conference has adjourned at the same time postponing consideration of the fate of the practice and education of Homoeopathy for a future date. In fact homoeopaths have been waiting for a lead from the Government of India in the matter of the future of homoeopathy in our country for quite a long time, but every time this subject comes in successive health ministers' conferences, this is always postponed consideration.

Meanwhile, in our state, finding the acute shortage of medical aid in the rural areas, there was some talk of starting a shorter course of medical training, to supply medical personnel to the rural parts but this idea is opposed tooth and nail by the present practitioners of modern medicine, because, it is said, they cannot tolerate any lowering of standards in their profession.

Our good Chief Minister Rajaji seems to be in a dilemma. He wants that the rural population should be supplied with some sort of medical personnel for their day-to-day needs, and since the medical graduates would not go to the villages, he had to think of a lower cadre of medical men. Even this will not be countenanced by the allopathic lords and so, according to them perhaps, the villager must never get sick and if at all he gets so, either he must go to the town or should die without even the consolation of medical aid.

It is here that we wish to suggest that a way can be found out of this situation, by starting a shorter course but without the allopathic label. In fact a three year course of training in Homoeopathy can be started by Government, allotting one year each for pre-clinical, clinical and homoeopathy and such personnel will very well settle in the villages and do great service to the people there. It is not necessary to have elaborate accommodation and equipment, because such courses can be started in various headquarters hospitals, say about 60 or so in each centre, and the hospitals themselves can very well be used for clinical training. By this the allopathic lords can also be satisfied as also the Government could have done their duty towards homoeopathy in this state. May we suggest to the Madras State to examine this?

SEEKING THE HEART OF HOMOEOPATHIC PRESCRIBING.

JULIA M. GREEN, M.D.

When I was a very small child, we had a homoeopathic doctor who had twinkling, smiling eyes and gray curls hanging all around his neck, a long curly beard, too, and a sympathetic understanding of children and grown-ups. Ten to one he would have one or two of us in his lap while he questioned my mother as to our ills. His long black bag on the floor aroused our curiosity; perhaps we each received a little bottle of pills. There was no thought of asepsis.

I am not arguing that asepsis and physical tests are unimportant. I would have both. I am emphasizing that the heart of the doctor was there, that his patients perceived that fact and responded with openhearted recital of symptoms, so the doctor could, almost by intuition, see the characteristics of the indicated remedy. That is, he could if he were a student of *materia medica* seeking the heart of his remedies.

Three years later in another city I had severe whooping cough complicated by lobar pneumonia because I had taken cold during the prodromal period. We then had another homoeopathic doctor, a different type, a silent, quiet man with the same penetrating sympathy in his eyes but not the jollity. He came and sat by my bed by the hour, watching, counting pulse-beats, counting respirations, listening to the cough, estimating effect of hard paroxysms

on heart and vitality. He would go away for several hours, come back and watch again, day and night. There were no clinical thermometers then, no blood pressure apparatus, no blood typing, no specifics for this or that type of pneumonia-only the patients themselves to watch, effects of changes in behavior to estimate. I grew worse, went along to a typical crisis, then turned to slow convalescence. I nearly died but I can remember that calm, friendly silent man by my bed watching and giving me courage.

Now, it seems to me Homoeopathy is like that, full of student minds, full of patience, eager to become acquainted with personalities and then to watch reactions of remedies prescribed according to homoeopathic principles. In the old days this sort of work was all the doctors knew and they made excellent reputations for themselves and for Homoeopathy. Gradually in the intervening years, study of diseases as such grew in importance until today homoeopathic prescribing is snubbed and scoffed at. Medical students are advised to let it alone.

It is relevant to notice that while this development is going on and most of the genuine subscribers are old people, the thought of the deepest students in basic sciences, philosophies, social studies, religious groups is turning more and more to homoeopathic principles without these students' recognizing the name of what they are thinking.

There is a meeting ground in all this and we hope to walk on it, just as we hope to find a meeting ground between our country and Russia.

The young homoeopathic prescribers in these days have been through training in treatment of the patient

as a physical machine. They search for specifics for diseases. Recently they are taught more of psychology and something of psychosomatic medicine. Whether they yet recognize that man is a triune being to be treated as a whole and not as a collection of parts is questionable, but they are on their way to common meeting ground.

Homoeopathy, in my opinion, should walk along with these people; should acquire their medical education and then place Homoeopathy on top of it as a post-graduate study. Such homoeopathic physicians will then be ready to use undergraduate methods for purposes of comparison only.

In order to reach common ground the regular physician must be willing to entertain a new concept with an open mind and the homoeopathic physician must be cordial to all phases of the thinking of the regulars. Homoeopathic principles will then be perceived in their true light and illustrations of them will be accepted.

Let us suppose that a physician graduated from a regular medical school studies Homoeopathy before he takes his internship. His mind has been opened to homoeopathic philosophy; his interest has been strongly aroused; he wishes to practise to this new method during internship; he has wonderful opportunities to compare it with his undergraduate training but he becomes confused because his undergraduate training keeps popping up and he is not yet sufficiently oriented in Homoeopathy. At this point he meets a skilful and experienced homoeopathic prescriber who perceives his difficulties and tries to solve them by presenting cases which illustrate one and another principle thus opening the way to resolve a difficult group of symptoms and lead to cure.

Here are a few examples of such clarifying methods of thinking.

1. Mental Symptoms Lead to the Remedy:

(a) This tall, thin man, brought up on the rocky coast of Massachusetts, wanted a cure for his very frequent and severe colds. On the first symptoms given I gave him *Kali bi*. This remedy helped through three attacks but convalescence was too slow and incomplete. On his health background I then prescribed *Tuberc.* but this, too, did not reach the depths of the case. Then I perceived that he had deep nervous symptoms, began to question him further in this field and was amply rewarded:

Acute self consciousness: realizes it but cannot get away from it.

Fear of confinement: desperate, if difficult to get out of a crowd or an audience. Must have end seat or back seat; hated crowds, panicky unless on the outskirts.

Fear of high places, of bridges, in elevators.

Fear of disease, therefore afraid to travel alone.

Cannot stand extra responsibility, causes timidity.

Apprehension of failure.

Imagination: pictures disaster, if someone does not meet an appointment promptly.

Worries as to whether he will be dead when he dies. Angry easily and then sick from it.

Miserable for fear these symptoms make him appear effeminate.

Physical symptoms in consequence of these mental sufferings: chill, faintness, profuse cold perspiration and especially accumulation of gas in stomach and intestines; tendency to walk faster and faster when nervous.

Endurance low; sleep much disturbed.

Of course you know the remedy: *Arg. nit.* has made a new man of him, removed his fears given him poise enabled him to do original constructive work, in short to feel like a real man. He has put on weight and his friends remark on his youthful, healthy appearance. The heart of the matter revealed itself.

(b) Another patient with poor inheritance was treated for at least five years for repeated colds with long convalescence following each time. I knew the miasmatic tendencies in the family; I had treated the patient since boyhood; I recognized deep-seated nervous tendencies with lack of reaction, but in his early manhood, it took five years of reporting to build up enough of his mental symptoms to make a clear picture of them—probably all my own fault. In the beginning of the years he began talking of vertigo; then of nausea and vomiting in his attacks; then of weakness driving his car; dyspnoea with the vertigo; nervous strain at least argument or fault finding; fear something would happen to him or his car; desire to stay quietly at home to avoid such happenings; fear of undertaking anything; perspiration with fears and weakness from them; staggering on the street; inability to meet appointments and so cancelling them; appetite coming and going; digestion good, then bad; stools loose and later constipated; fear of fainting on the street; strong feeling of inadequacy memory failing; power of concentration failing, shaking all over while lying on a couch, sensation as if heart would stop beating; confusion in talking, wrong work or a wrong letter in his work; nervous over anticipation followed by a sudden letdown; sensation in upper arms of great weakness; must put attention on them to be able to move them, or thinks he must.

Then suddenly, after failure of one drug after another each of which caused temporary improvement, he told me the following: fear of being on the street among people alone, something might happen to him; fear in a crowd, an audience, on bridges, up a height, in buses or street cars, on a wide street or in large house, wants walls near him for protection. And lo! *Arg. nit.* stood out again and is making basic permanent improvement in a much suffering man. Most of you would have seen this remedy before I did, for it took me nearly five years to recognize it. I admire this patient for keeping his faith in me and in Homoeopathy.

These two cases illustrate the great advantage of getting mental symptoms and then seeking the heart of them.

(c) A tall thin man nearly sixty-two years old, living in a one-room apartment and eating in restaurants for years, did not know how to choose foods well, worried over this, gave up one food after another until half starved; then fasting until weak; then a victim of sleeplessness; early morning melancholia leading to thoughts of suicide, planning how to accomplish it, etc., confessed horrid thoughts in early morning hours which gradually settled into suicidal ideas.

(Quivering in his stomach added to his miseries. He lost weight and strength steadily for many weeks. I gave him *Aurum* 1M and a slow steady improvement took him back to normal weight and a good appetite with no more stomach symptoms. The first dose of *Aurum* was given in October, 1944. It took until July, 1945 to get rid of the last vestige of depression and "bad thoughts" early in the morning but they departed permanently then. As they departed and digestive disturbances with them, an

old trouble dating way back in his life became more prominent—arthritis in all joints, large and small, especially knee joints. He could not tell definitely about early treatment for this but I have little doubt that strong suppression of arthritis weakened his resistance; brought on his fears and sent him to thoughts of suicide. His knees still bother and he uses a cane but he is smiling and can eat anything in reason.

The heart of this case is the suppression of arthritis although many might think it is the depth of mental symptoms.

(7) My fourth mental case is different and represents suppression, also, but suppression of what remains to be seen, for this is a new patient, a young woman with her first baby seven months old. In the middle of pregnancy her husband told her he had seen a woman whose brother is mentally undeveloped. Immediately she felt as if this man had contaminated her, everything he had touched was dirty; she must wash her hands over and over to get them clean; later she must wash clothing, doorknobs, etc. Sent to a psychiatrist who did not pay much attention, she saw other mental cases in his office; then all her clothing was contaminated; cannot wear the suit she had on that day; must go by it in the closet and this spreads the contamination, etc., etc. She cannot talk about these ideas because others think them silly. Her husband works all day and evening so she stays alone with her baby twelve hours consecutively and broods. She cannot sleep or eat properly; she loses energy and now she takes one cold after another. I have started her on *Syph. 1M* and am hunting for a lead to the suppression which could induce so deep delusions. She is perfectly reasonable about them but cannot throw them off. She is only twenty-six years old: poor lonely woman!

(To be continued)

THAT TROUBLESOME COUGH

A COUGH at this time of year is often difficult to clear up, and this is probably more so at the present time on account of our lack of resistance, due to deficient diet and increased nervous strain. Apart from association with some definite disease such as bronchitis, pneumonia or whooping cough, most of the persistent coughs are a sequel of an ordinary cold in the head or influenza.

The correct remedy for these latter ailments should prevent the appearance of a cough or at any rate its persistence. Supposing however, such a cough to have become really troublesome, there are a number of possible remedies, and the selection has to be made with care in order to obtain success.

Let us take first the hard, irritating cough, which is a nuisance both to the sufferer and to those about him. There may be no expectoration at all, or a very small quantity after much strenuous coughing. *Belladonna* is often useful here, when the cough causes a bursting headache and red face, and especially if the initial trouble has been brought on by exposure of the head to a draught or cold wind.

Another likely remedy is *Phosphorus* which has a cough caused by tickling in the larynx, and is worse on change of temperature either from warm air to cold, or vice-versa, there is desire for cold drinks, especially fruit juices. The cough tends to be worse on lying down,

especially on lying on the left side. There may be a sensation of tightness across the upper part of the chest. Another remedy that also has a tickling cough, worse from lying on the left side is Lachesis. Remember two other great modalities of Lachesis—worse after sleep or on falling asleep, and worse from the heat of a fire or the sun.

Similar to Phos. in some respects is Rumex, which is more sensitive to cold air and may lie in bed with the clothes over the mouth, to keep out cold air. Rumex is also worse from using the voice, the Rumex cough may be accompanied by a sore, raw pain going down behind the sternum. Like Phos. again the cough is usually worse on lying.

Hepar is another of these tickling cough remedies especially when the cough has been brought on by exposure to a dry cold wind. The Hepar cough also is worse lying down, but the chief point about Hepar is its intense chilliness which may persist even through extra blankets and hot water bottles. Hepar wants hot drinks and mentally he is decidedly irritable.

Causticum is similar to Phos. to which it is antidotal. Either of these two remedies should not follow closely upon the other, if the first one given be having any good effect. Causticum has a very special affinity for the larynx, and when it is needed there is often a hoarseness or weakness of voice. It is one of the remedies particularly suitable when complaints are brought on by cold dry wind. There is often a difficulty in bringing right up what phlegm there is and the patient is obliged to swallow it. Another remedy that may come into the picture is Drosera: the typical Drosera cough is rather different

from that of the others Drosera, of course, is the most outstanding remedy for whooping cough and its cough, even when not true whooping cough, tends to be of that spasmodic and suffocative type, often ending in retching or actual vomiting. The cough may start immediately on lying down in bed or it may come on after midnight. It is provoked by using the voice by eating or drinking, and also may be by warmth.

One must not forget that Gelsemium covers an irritating cough, often, of course, associated with symptoms of influenza, or with what is sometimes loosely called an influenzal cold. The other signs of Gels. will frequently be present—drooping eyelids, shivers up and down the spine aching back and legs and the typical Gels. headache—like a tight band round the forehead. The character of the sputum (if, any) when unusual, may help to suggest the remedy for instance there is the stringy sputum of Kali bic. (the cough here tends to be worse about two or three a. m. as with all Kali's); and the sputum flecked with bright blood of say Phos or Ferrumphos.

The foregoing remedies are by no means a complete list of possible ones for acute coughs, but they will cover the great majority of such cases, when the cough persists a long time in spite of treatment, it may be a matter of a deep-acting constitutional remedy being needed, and possibly a comprehensive examination of the patient, including X-rays. This, of course, is a question for expert consideration.

—H. F. W. in *Health Through Homoeopathy*

A CASE REPORT

By A. Culnan, M.D., D.O., Ph.D.

Mr. R came to me on 7-11-1952 and told me that he is having terrible pain in his left buttocks. He is a man of healthy constitution of 26 and has got a very clean history of past health as far as I know.

On questioning him I gathered that the pain is all along the anal region of the left side with pricking sensation and he has suffering from the pain since the past three days. He has applied some heat by means of Hot Water Bag and that gave him temporary relief. He was having clean bowls daily and no past history of constipation. Though he is an office worker he is an active man.

On physical examination I found that though the pain was felt all along the left anal region the focal point of the trouble was just 4" way from the anus itself. I saw a small swelling in that spot and on examining I felt a gland like hard substance just 1 inch inside the surface of the skin. From his version that he is having pricking pain, I thought it might be an abscess which has already started suppuration.

Since I thought that it has started suppuration already then there is no meaning in trying to take abortive measures. Therefore I decided to treat it to hasten suppuration.

First of all I gave him courage and told him that there was nothing to fear. After that I gave him eight doses of Haper Sulphuris 6 to be taken once in two hours and told him to call on me the next day. He told me that he may not be able to visit me the next morning

since the pain was ever increasing. But I emphatically informed him and assured him that there will be no pain after the second or third dose.

Next morning he came to me with much relief and I noticed that he was bent slightly forward while walking. He told me that the terrible pain he was suffering has stopped except occasional stinging pains. On examination I found out that the hard substance of the previous day has become soft and has come to the surface. Since the abscess has matured so quickly I expected its opening up voluntarily at any time and therefore I have him three more doses of Haper Sulphuris 6. He told me that some of his friends have advised him to go to a surgeon to have it opened. But I asked him to wait until the next day since I thought that surgical measures were not necessary at that stage.

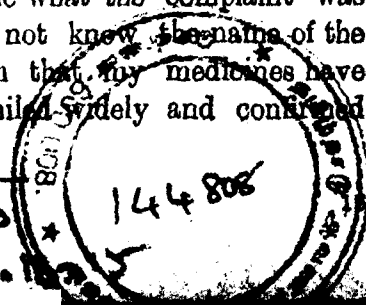
The same evening he phoned me that it has broken and the discharge is profuse. Next morning he called on me and told me to my great joy that that he was feeling very well except the inconvenience caused by the discharge.

The discharge was profuse with blood and pus and therefore I gave him Silicea 6 to be taken once in every two hours on the first day and first and last thing on the subsequent days until the discharge stops.

I did not see him until 18-11-52 when he told me that he has been cured completely and the wound has healed up. He praised the tiny little "Sugar Pills" and told me that the third dose has saved him from the horrible pain. He enquired me what the complaint was and I told him that I do not know the name of the complaint and reminded him that my medicines have cured him completely. He smiled widely and confirmed my statement.

February '53

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THOUGHT GEMS IN HOMOEOPATHY

K. N. GOPAL PILLAI, M. A., Tambaram, Madras.

1. One who prescribes *Homoeopathically*, never prescribes to remove a symptom; but *guided by the symptoms*, he selects the remedy, no matter what follows.
2. Learn to keep the *ideal of homoeopathy* in mind, and *think rationally*; in order to do that you will have to rid yourself of a tremendous amount of inheritance.
3. In *medicines* we have the *exact counterpart* for the DISEASES of the human race.
4. It is a *dangerous thing to operate upon a fistula in ano*. It is a very serious matter.
5. Every medical student should go through *all the noises he hears* others make and try and *observe as much as possible* what feeling is *accompanied with that noise*, so that he can put himself in the other's place.
6. The *child* is like the animal. You never have to ask a horse or dog where he feels pain, because he will always *tell by his motions*. So does the infant.
7. Every medicine has a *sphere of action*, a *peculiar nature* whereby it differs from all other medicines, and hence it becomes suitable to complaints of one class and not suitable to those of another.
8. The *symptoms of some remedies come on suddenly*, with great violence, with great rapidity, *stay*

but a short time in their paroxysm and go off as if nothing had happened. Others come on slowly, are *deep-acting* and continuous like the continued fevers.

9. We may have in *two remedies* the same set of *symptoms* and yet they are all made *worse from the opposite things*. Thus you see *modalities indicate and contra-indicate* remedies. This is the studying of remedies by their modalities, for *modalities* sometimes constitute *strong generals*.

10. When patients are under *constitutional remedies*, they need *caution* about *certain kinds of food* that are known to disagree with their constitutional remedy,

11. Do not have one list of foods for your patients; do not have a list of things for everybody. There is no such thing in homoeopathy.

12. *Old diseases* would *re-appear*, old gonorrhoeas would be brought back, and old syphilitic states come up, ulcers attack the mucous membranes etc. Such *turmoil is likely to occur* when you get a *deep-acting remedy*, such as *brings all diseases out that was lurking within*.

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BREATHE AND RELAX FOR HEALTH

ADVICES ALEXANDER HENRY

BECAUSE of the strains and stresses sustained during the war years, and the exacting demands of post-war problems, many people have become victims to an ever-increasing nerve tension—so much so, that they find complete relaxation almost impossible.

Now, this is a serious problem, for if we are unable to relax our overstrained nerves, they become stretched beyond normal, just as a continually extended elastic band loses its elasticity, so that we have little, or no, reserved nerve energy, the result being a depression of our vital health standards.

What can we do to relieve overstrained nerves? Run to the medicine bottle? No! The contents of the medicine bottle may serve as a palliative, but as an effective cure—never! The real cure arises in the mind; once we have mastered the art of relaxation we are on the road to radiant health.

In learning to relax, many factors must be considered; perhaps the most important one is respiration. We all know that breath is life; without it we would soon fade out of existence. Therefore, breathing must be given primary consideration in all matters relating to health.

Affects the Nerves

As respiration is so intimately linked up with the nervous system, it follows that shallow and rapid

breathing affects the nerves adversely, whereas if breathing is full, deep and slow, the nerves become strong and steady.

Thus deep, full breathing must always be our aim, no matter what exciting situation we may find ourselves in. And breathing must be through the nose, not the mouth; it is oral breathing that contributes towards the onset of certain respiratory obstructions, such as catarrh. The practice of deep breathing takes time, of course, but once acquired it will prove that the effort has been more than worth while.

Some of those who have allowed themselves to become shallow breathers will know only too well what intermittent spells of mental and physical depression really mean. Deep, full and steady breathing always tends to banish symptoms of depression.

Deep breathing should be practised whenever possible, especially before breakfast. If time permits it is advisable to have an early morning bath, breathing deeply during the process of drying. This has a marvellous invigorating effect, and equips one to meet the daily task in buoyant spirits.

But, in his enthusiasm, the beginner is likely to strain himself in holding the breath. If he does, he will probably do more harm than good. The pause between inspiration and expiration should be very slight.

An Automatic Process

Like most habits, once you have mastered consciously the habit of deep respiration, it becomes an automatic process requiring no conscious effort. You will then have scored another victory in the battle for personal health.

February '53

The next factor to be considered in learning to relax is the food we eat, and how we eat it. Plain foods are preferable to rich foods. One thing we must avoid is the accumulation of acids in the system. In this respect, meat and household sugar are the chief offenders, but considering the present-day ration, we need not worry too much about the former! But excess acid in the system does automatically irritate the nerves. We must see to it that our liver is kept in good order.

How we eat our food has a great bearing on relaxation. Food does us more good if eaten slowly and deliberately, than when it is gulped hastily. A mass of hastily-consumed food in the stomach can do so much to increase nerve tension. This, instead of satisfaction, we get irritability.

Muscular Control

The third important factor in this business of relaxation is muscular control. For once we have learned to relax the muscles, we have also learned to relax the mind. And when the mind is relaxed, the whole body is relaxed.

Make no mistake; while there is mental tension, there is also physical tension, and *vice versa*. The two are inseparable. Physical tension makes us nervy, jumpy, irritable and fit for nothing. So does mental tension. And the more we fight against them, the worse do they become. Relaxation becomes almost impossible.

That is why we must control muscular activity. Through wrong living, the nerves supplying the muscles have become strained, and the tension has been transmitted to the muscles. It may be that we have given

way to uncontrollable fits of temper, approached everything like a ravenous wolf, or that we have allowed the demands of the post-war world to become insuperable.

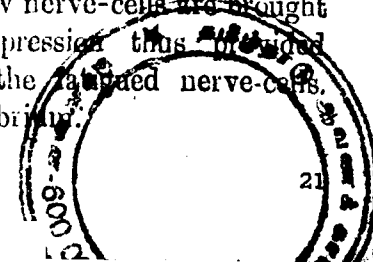
Vital Nerve-power

Obviously, such muscular tension is bound to decrease our reserve of vital nerve-power, and worse still, we have become worn out and fatigued without achieving anything with the over expended energy. Also, the circulation is impeded, and the body suffers as a whole.

But we can accomplish muscular relaxation by daily practice. The best opportunity comes after the midday meal, but any other time will do, provided we use the same time every day, in the quietest place, and practice for at least a quarter of an hour.

Lie on a bed, or sit in a chair. Allow arms and legs to rest limply until you feel your weight almost sinking, meanwhile breathing deeply. Allow no problem to enter your mind during relaxation, otherwise no benefit will ensue, but concentrate lightly on the looseness of your limbs. Practising these few points will soon make you calm, physically and mentally.

Relaxation can be made easier by balancing our mental and physical activities, and so adding to our storehouse of vital energy. Physical workers can obtain better relaxation by following a hobby that requires mental effort, such as reading or musicplaying; sedentary workers should cultivate a physical hobby, such as cycling or gardening. In both cases, new nerve-cells are brought into play, and the energy-expression thus provided counterbalances that lost from the fatigued nerve-cells. The result: healthy bodily equilibrium.



Finally have a sense of humour; it is such a fine safety-valve for relieving taut nerves. A good laugh is an excellent tonic—it will do more for you than any remedies prescribed by the physician. For laughter, by decreasing nerve tension, automatically improves the blood circulation, thereby ridding the tissue cells of accumulated acid waste-products, and replacing them with fresh food factors. That is why we feel so refreshed after having a hearty laugh. We have relaxed mentally and physically, and relaxation is an essential to health.

—Health for all.



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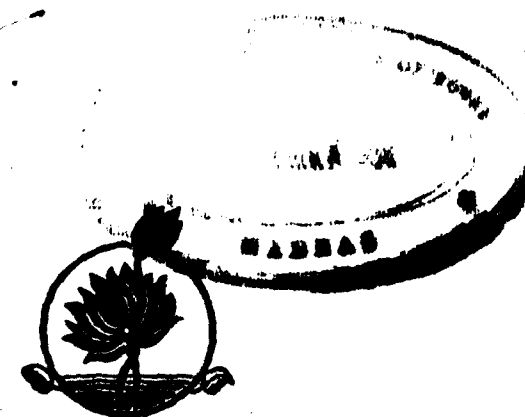
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FOR HEALTH & LIFE

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The "HOMOEOPATHY"

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VOL. II

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BOOK 15

We are glad to hear from the Secretary of the North Arcot District Homœopathic Association that they have opened a *Free Homœopathic Dispensary* at 301, Main Bazaar, Vellore. We also understand that this is the second Free Dispensary that is being opened under the management of this Association. We very much appreciate the activities of the Association in the interest of public health and wish them all success.

FROM THE EDITOR'S DESK.

After we wrote about the dilemma of Rajaji in respect of the Madras Government starting a shorter course of study in medicine to produce more number of medical personnel for service in the rural areas, the Chief Minister is reported to have said certain things about Homœopathy. When he was asked whether Government would give encouragement to Homœopathy, he said that the treatment of sick people was a science and in the matter of science they should leave things to their own course. He also said that the Government should not interfere or give artificial impetus to anything. One must be thankful to hear from the head of the state that the

Government would at least not interfere with the natural growth of Homœopathy in this state!

The Chief Minister is also reported to have said at the same Press Conference that the West had systematised diagnosis, treatment, etc. etc. with the result that medicine had assumed the shape of a new science.

Hearing about the great progress in the matter of diagnosis we are reminded about what *Mr. Stanley Lief* wrote in March 1948 in the "*Health for All*", viz:-

"Medical men combine unanimously in laying stress upon the great importance of correct diagnosis. One of the chief accusations they make against the naturopath, the homœopath, and indeed, against all unorthodox healers, is that they lack training in up-to-date methods of diagnosis. They insist, therefore, that any treatment the unorthodox healers may give must also be unscientific and incorrect.

"Whatever may be their failures in other directions, medical men do claim that they ARE able to diagnose correctly, which is not the case, they claim, with the unqualified (so-called) practitioner.

"An examination of the basis of this proud boast would be well worth while and most illuminating. In doing so, let it be pointed out that it is not in any way our intention to produce prejudiced statements, but only evidence supplied by authorities of medical science itself. There is undeniable proof by responsible medical men that diagnosis is not quite so successful as it is made out to be.

DIAGNOSIS 80 PER CENT INCORRECT.

Sir David Drummond, a one-time President of the Royal Faculty of Physicians and Surgeons of Glasgow,

stated in his presidential address that, in the practice of the average physician, diagnosis is incorrect in 80 per cent of the cases, as proved by POST-MORTEM examinations.

Dr. Richard Cabot, of Boston, U. S. A., a famous American physician and diagnostician -- author of a standard text-book on physical diagnosis and holder of a Chair of Medicine in Harvard University -- presented a paper, the result of his own personal experience, at a convention of the American Medical Association, in which he analysed the clinical histories of one thousand cases, embracing almost every type of disease in various stages and manifestations, and representing a careful and systematic investigation of every case before and after death. The net result of the analyses showed that the diagnoses were correct in about 50 per cent of the entire aggregation of cases. In the other 50 per cent the POST MORTEM examinations demonstrated that the diagnoses were completely wrong.

TRY THIS EXPERIMENT.

Sir James Mackenzie, a very eminent heart specialist of his day, in a lecture given a short time before his death, expressed the conviction, after a life-time of research and opportunities of POST MORTEMs, that in THE DIAGNOSIS OF COMMON DISEASES, MEDICAL MEN WERE WRONG ABOUT 70 PER CENT OF THE TIME. In the more uncommon conditions the percentage of inaccuracy was even higher.

More evidence of a similar kind could be provided, if space permitted, to prove that the science of medical diagnosis is not what it is claimed to be. If, however, anyone still doubts the accuracy of the evidence submitted let him try the following experiment.

Let him consult six different doctors with his health problem and the probability is that he will have six different diagnoses.

CONFIRMED DAILY.

This act is confirmed daily in our practice. We often have patients coming to us bringing with them the diagnoses of the medical men they had consulted previously, and we have seen as many as six different diagnoses and six different suggested courses of treatment for the same case.

Does there seem now to be much of a basis for the medical boast of perfection in diagnosis?

There is no need to seek very far for the reason why there is much inaccuracy in medical diagnosis.

CONFUSES AND MISLEADS.

While the naming of disease-processes may be convenient for purposes of study and from the point of view of knowing how far the processes of disease have progressed, it only confuses and misleads when it comes to the application of correct treatment."

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WHICH REMEDY?

FACED by a case of sickness there is always the temptation to affix a diagnostic name tag and prescribe the "stock treatment". It is a temptation that assails the would be healer whether allopathic, homoeopathic, or of any other school. The stock treatment will vary according to the fashion of the country or of the period, and may be anything from incantations to injections. Not so very many years ago the victim was bled and blistered, purged or "laudanum-ed", and this in a more or less routine manner. Certainly by these means a good deal of toxic material was removed from the patient's system, albeit in a somewhat crude and drastic manner.

Present fashions of therapy with their assortment of "miracle drugs" in capsules, tablets and mixtures of attractive colours for oral ingestion, and injections of all sorts and sizes, are perhaps more refined and backed up by high power advertising, more impressive. Extras thrown in for better measure are a variety of Rays, ultra-violet, infra-red, colour rays, cosmic rays, to say nothing of vitamin tablets and fancy foods and beverages with pseudo-medicinal claims and names. It must be admitted, however, that by means of this formidable barrage of drugs and treatments a great deal of toxic material can be, and often is introduced into a body that is already sick and struggling to deal with the poisons on hand. The modern patient is in danger of being submerged under the tidal wave of medication that has followed in the wake of the N. H. S. Little wonder that a recent Minister of Health

uttered these disillusioned and significant words, "I shudder", he said in a public speech, "at the cascades of medicine pouring down British throats".

Not only is the routine use of stock treatments a menace by reason of its associated risk of over-medication, but it carries two serious defects. In the first place it is based too often on a diagnostic label that is inevitably inaccurate or inadequate or both. Important as it is to make the best diagnosis that can be arrived at, that is to infer as intelligently as possible what is going wrong in the sick body, it is extremely difficult to know with any great accuracy the exact morbid changes underlying the sick state. Consequently the terminological label attached is often only able to suggest part, perhaps very small and comparatively unimportant part, of the whole pathology responsible for the sickness. As a guide to accurate prescribing such a diagnostic label is obviously extremely unreliable.

Another very grave defect is that routine prescribing ignores the all important individual factor in the case. One has to prescribe not for a disease name, not even for a symptom, but for a sick body and for the sick state in that body that is the cause of the symptoms. This is the reason why the study of the sick person as a whole, and as an individual whole, lies at the heart of accurate homoeopathic prescribing. It is only by the acquisition of the art of assessing the individual character of the sick state that it is possible to know WHICH REMEDY to give in any particular case.

Every remedy has its own peculiar character, nature or personality. This must match the character or personality of the sick body as a whole. The effectiveness of

the remedy in stimulating the body's natural resources in the direction of cure depends on such accurate matching.

As illustration take the two remedies Sepia and Silica. Looking up symptoms in Kent's Repertory one is struck by the frequency with which these two remedies appear side by side as "possibles" for selection. How is one to decide which of the two to prescribe in any given case?

Much may in some cases be learned about the "personality" of a remedy by looking into its origin. Sepia is derived from the black pigment that is secreted by the cuttle-fish and is expelled from its ink bag into the surrounding water as required. This marine monster is an extroverted oyster, refusing to be encased and imprisoned in a dull shell of monotony and limitation. It is given to enveloping itself in a dark cloud of its own making. It can change colour rapidly. It displays a penchant for most violent jet-propelled motion in its desire for escape. It looks backward rather than ahead. It is not gregarious, preferring to remain hidden under cover of overhanging rocks. It is not, however, lazy or indolent but prepared to dart forth as opportunity arises and do the chores, viz. secure its dinner, usually a passing crab. Jelly-like as it may appear on the surface it is stiffened by a hard core of bone within, the white boatshaped cuttle-bone that may be picked up on the sea-shore. These are some of the characteristics of the biological source from which the remedy Sepia is derived.

The origin of Silica is very different. We read that Silicon is, next to oxygen, the most abundant of all the elements in the earth's crust. Silica is the compound Silicon Dioxide. The sand used in glass-making is a nearly pure form of Silica. Sand may be regarded as something

that is in nature inert, inactive, unresponsive and of little obvious usefulness.

These two remedies are not only widely apart in their origin but in the living body they show quite different AFFINITIES for body cells and tissues. Silica has a marked affinity for connective tissues and skin; it may be considered a remedy especially associated with abnormal physical states. Sepia, on the other hand, is closely related to the glands of internal secretion and to states of over-activity or under-activity of these glands. It is thus bound up with disturbances of emotional poise and of circulatory balance, and is a remedy pre-eminently associated with psychological sick states.

Observing the APPEARANCE of the patient the Sepia case may shew a wax-like pallor, be trembly, obviously near the end of his or her tether, on the verge of tears or may actually weep on telling the symptoms. The facial expression is devoid of sharp lines suggesting apathy. There may be freckles or brown pigmentation across the bridge of the nose. The Silica patient looks pale, but with a sickly pallor, appears tired, nervous, starting at every sound, jumping if touched, but thin, listless, suffering and desiring to sit around or lie down.

Again in the matter of CAUSATION, the Sepia state tends to derive from emotional stress, often of prolonged duration. The Silica sick state may arise as the result of a single experience of fright or emotional shock, or from poor nutrition: it is often associated with chronic sepsis.

As regards MODALITIES, the general bodily reactions, these two remedies shew both similarities and differences. It is the latter which chiefly concern us in choosing between them. Both remedies are chilly, extremely so but whereas the Silica patient wants to be heavily-wrapped

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and enjoys a well-warmed room, the Sepia patient feels faint, and oppressed in a hot stuffy atmosphere.

The Sepia patient is affected adversely by dull cloudy weather and before a thunder-storm. The Silica patient is worse before and during a thunder-storm, and also may be affected by the phases of the moon.

The Sepia patient is better by active movement and worse when sitting still and resting. The Silica patient is averse from any sort of activity and prefers to sit still or even lie down.

The Sepia patient has often a great liking for vinegar, pickles and spicy food. The Silica patient wants cold food and fluids, and this despite being a chilly mortal.

The Sepia patient may sweat profusely but remain without any marked thirst. The Silica patient is also liable to drenching sweats but complains of excessive thirst.

These are some of the observable signs and symptoms which will guide in the choice of one or the other of these two most important and widely useful remedies.

A patient complains of "feeling tired all the time". Of course, this may be accounted for by the fact that the fatigue is due to tuberculosis, to some form of grave anaemia, to hypochlorinism or other cause of asthenia. But often all these can be ruled out and something needs to be done about the tiredness. The patient shows an active type of inquietude, is enveloped in a black cloud of auto-genous melancholy, longs to escape, to "get away from it all", would fain be up and doing and getting on with the chores if only energy was not so lacking, feels correspondingly frustrated, could scream at times, is fed-up, browned-off, indifferent to nears and dears, takes no interest in

anything, is in fact psychologically exhausted. The remedy is Sepia.

Another patient, equally tired and lacking in energy, is inactive from sheer listlessness and inertia, is quite content to sit around, has not the slightest desire to be up and doing or make any effort whatsoever, is sickly, spineless, sweaty, shivery, apathetic and devoid of go or grit. The remedy is Silica.

The Sepia apathy is an active revulsion, an active indifference, an active aversion from society and pleasures formerly enjoyed. The Silica apathy is just negative, utter lack of ability to care or be interested, mere boredom. It too is associated with a state of physical weakness and sickness, and is mainly caused thereby. In the Sepia patient the exhaustion of body is secondary to a profound disturbance in the emotional and psychological sphere.

It is by studying the remedies in this way, trying to arrive at their individual personality and peculiarities that understanding of the art of homoeopathic prescribing can be achieved.

Recently one heard of a fire hunter that had been written off by an experienced "vet" as finished, past help or hope. Another veterinary surgeon, an eminent colleague with a knowledge of and respect for homoeopathy, happened to see the patient. He saw a very sick animal, barely able to stand, the picture of weak and weary suffering, looking all-in, looking also "silica". The remedy was prescribed, careful instructions were given regarding exercise and by the end of the season the moribund hunter was back following hounds.

D. M. G. in "Homoeopathy"

THOUGHT-GEMS IN HOMOEOPATHY

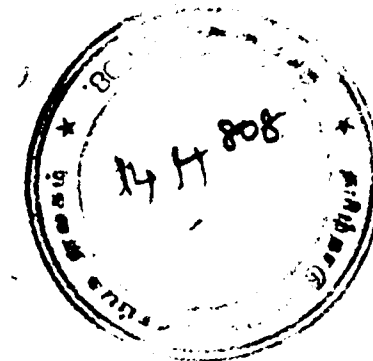
(K. N. Gopala Pillai, M. A., Tallakulam, Madurai.)

1. Constriction of the heart will commonly go along with the constriction of the uterus.
2. A medicine is said to be *thoroughly proved* when it has left its impress upon all elements of man, when it has affected *his memory and his intellect*.
3. Each substance must be studied on its merits. There must be *no guess work in the study of provings*. Every remedy must be used for its own symptoms, and for these there is no substitute.
4. If a remedy does not work, the homoeopath can only *examine the case anew and seek new symptoms and another remedy*.
5. To cure, the patient must use his will to help the remedy.
6. In vigorous persons after the gonorrhoeal discharge has been improperly suppressed, sometimes impotency is the result of the suppression.
7. Caladium has a number of times turned the patient entirely away from his cigar, and removes the *overwhelming craving* that prevents smokers breaking off their habit.
8. It is astonishing *what changes will take place* under the various medicines that are suitable for the disturbance of the hair and the bones and nails. The remedy must be sufficiently potentized to correspond with the wrong.
9. We do not build mole-hills out of our *high potencies*: they simply *establish a state of order*, so that digestion and assimilation go on, order is established and the tissues are improved. *Health comes, beauty, a growth of hair better skin, better nails.*

10. The medicine that covers the symptoms is the one that will *change the economy* from an abnormal state and digestion will become orderly and we will have growth and prosperity in the economy.

11. In cancerous affections that would kill in sixteen months, the patient will live five years with *Calcarea*, if *Calcarea* is indicated.

12. When you see the Repertory "industry" it does not mean an ordinary industrious state, but *one that is exaggerated into a symptom*. He has become so industrious that he has a mania for work.



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BIOCHEMIC TREATMENT

(A. Sarkar, B.A., M.D., I.H. M.D. - 17)

Dr. Schuessler's twelve tissue remedies are no less efficacious to the vast number of Homoeopathic medicines and a set of these twelve medicines in 6x with an useful Guide have ever proved to be a friend in need and a reliable guide. They have never let down the careful prescriber and the confident patient effecting a speedy, safe and permanent cure.

A severe attack of PNEUMONIA was permanently cured by a few Bio-chemic remedies and thus, I experimented with my brother, which led to sufficient experience. The first stage of fever was cured with *Ferr. Phos+Kali. Sulph.* and when it accompanied cough and cold, *Kali. Sulph+Calc. Phos.* combated both the troubles successfully. Dry cough and constipation were remedied with *Kali Mur.* and throughout the course of treatment, *Kali Phos.* and *Calc. phos.* enabled the sufferer to withstand the dread of the disease, as intercurrent remedies. *Phosphorous 6x* was also given to cure cough, and this dreadful disease was completely cured with these remedies in a month. Rattling in chest and Dyspnoea continued for some time, and occasional doses of *Nat. Sulph.* at bed-time, and external application of Antiphlogistine on the chest (both during the stage of disease, and afterwards) put an end to these troubles. It is gratifying to note that there was no recurrence of the attack after the treatment in March, 1950.

A case of longstanding COLIC, for which no native medicines gave any relief, but only served to further aggravate the trouble, was promptly cured by *Mag. Phos.* and *Calc. Phos.* given alternately once in 2 hours in 3 doses. The patient is completely free from the complaint afterwards.

Kali Phos (6x) taken by a pregnant woman regularly from the commencement of the ninth month, 5 Tablets a dose, morning and night, effected an easy and safe delivery and she gave birth to a healthy male child. She is a mother of 3 children and, during each period of her pregnancy she was accustomed to all sorts of Allopathic iron tonics, and pills, but this time, she happened to be in a 'deserted village', completely shut out from all allopathic aids, and this first experience with a Bio-chemic Tonic gave her such beneficial results, that she herself latter remarked that this is the first time she is having a delivery without any difficulty whatsoever.

A Constable, suffering from GONORRHEA suppressed by repeated injections, was almost cured by *Kali Mur. 6x* given frequently, and a single dose of the same medicine, applied externally on the gums cured the tooth and gum pains of which he was suffering for nearly 2 months. In the course of treatment, he was transferred to other places, and I had not the privilege and pleasure to see him fully cured. However, he felt very much better latter.

An old woman, 65, who had to celebrate a feast in her house the next day was attacked on the previous morning with Acid Diarrhoea, colic, and straining very much in voiding urine, and the whole family was very much worried as to how to answer the numerous guests and invitees, who would arrive promptly for dinner. She sought my aid, and 5 doses of *Natrum phos.* and *Kali Phos* intercurrently, cleared out all ailments by the same evening, and she celebrated the function as she desired. She expressed her gratitude lavishly in words.

A case of SCIATICA, which a gentleman was having repeated attacks, everytime suppressed and seemingly cured by allopathic injections, was cured completely by *Magn. Phos 6x* (dissolved in water) about 8 doses, alternated with *Kali Phos 6x*, and in 2 days the gentleman was alright.

A friend who knew the alphabets of Bio-chemistry, was heard to say one day, "these homoeopaths claim that they can cure any and every disease on earth with twelve

medicines, is it not funny?" and I replied, "If it is so, is it not funnier still, that your English Doctors administer one Penicillin injection for many diseases and made it a household name in every family?" Whatever others may say on the usefulness of such specific remedies for all maladies, we know for certain, that Bio-chemistry is efficient, sufficiently elaborate, and can cure any disease perfectly and permanently, straining neither the prescriber nor the patient.

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Continued

SEEKING THE HEART OF HOMOEOPATHIC PRESCRIBING

JULIA M. GREEN, M.D.

2. *The Constitutional Remedy Cures the Acute Ailment.*

(a) A boy, now eight years old, had wonderfully healthy development through perhaps the first two years of life, then began to develop frequent acute attacks with high fever, marked enervation and slow convalescence. The acute symptoms were those of head and chest colds complicated by digestive disorders and earache. Prescriptions for such acute attacks helped them every time but gradually health between attacks deteriorated and the attacks became more frequent. Attempts to prescribe a curative remedy for the underlying miasm failed twice, then *Tuberc.* was given with prompt improvement in general health and longer intervals between colds. Since then the few lighter attacks have been given *Tuberc.* in the beginning with abortive effect and health has been excellent.

(b) Another deeply miasmatic patient, always ailing from early childhood, growing up with spinal curvature, low vitality, tubercular symptoms apparently, weeks at a time in bed, exhaustion after light exertion, later prolapse of all abdominal organs, many more chronic symptoms coming and going. The first remedy long ago was *Tuberc.* which acted well for a time, giving her ability to stay up longer and do more. This did not last and *Lach.* became a good basic remedy. *Puls.* did good work, too. I suppose

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I treated this patient for twenty years without discovering the really basic chronic remedy. As soon as I gave her *Nit. ac.* she began to send for me less often until, after many months, she would go from three months to nearly, a year without medicine. When she did need some for an acute ailment, *Nit. ac.* brought rapid recovery. Of course she is never free from all symptoms or as strong as the average person but she is wonderfully, basically a different woman now at seventy-seven years.

3. It is saying what you all know to repeat that *the constitutional remedy, given after an acute attack, shortens convalescence* very much or transfers the patient from the acute stage to health without a convalescent period. We watch this procedure over and over again. One instance of it stands out in my memory of the long ago. A patient, past middle age, had a severe attack of influenza in the first overpowering epidemic of 1918. I saw her on a Monday; in the midst of her sufferings I discovered that her greatest worry was the necessity for moving her family to a new home the following Friday. She had a little or no help. Acute symptoms were decidedly better on Tuesday, about gone on Wednesday leaving her prostrated, the more so because of the rapidity of the action of the acute remedy. I had treated this patient for deep miasmatic symptoms for several years and knew her curative chronic remedy was *Sulph.* One dose of the 10 M on Wednesday helped so promptly that she superintended the moving on Friday and was none the worse afterward for the experience. I had expected her to limp through the ordeal and almost collapse afterward. Nothing of that kind happened.

4. *Past History Reveals the Remedy.*

This too, sounds familiar. One brilliant example is the development of a strong suspicion during the long

recital of chronic symptoms dating way back to early life that *malaria suppressed by quinine* lies at the base of the patient's troubles. Oftentimes this discovery, corroborated by the patient, simplifies greatly the choice of the curative remedy. Several times I have found this to be *Sepia* perhaps followed by *Nat. m.* Before such a suspicion was confirmed the array of symptoms was confusing almost to despair.

5. *Family Chronic Remedies Help Family disorders.*

Our polycrest remedies have so many sides to them that it is quite possible for two or more members of a family to require the same one although each patient exhibits symptoms different from those of the others. Appreciation of this fact is helpful when the doctor is confused over the symptom picture and hesitates between two or more remedies. One family I have observed a great many years requires the snake remedies or spider remedies. In one instance a mother and daughter were cured of very deepseated miasmatic states by *Tarent.*, though it was hard to see, except through careful study, much resemblance of the one case to the other.

6. *The patient takes strong drugs secretly* through a period of treatment for deepseated chronic ailments. Confusion piled on confusion results in the doctor's mind and not only discouragement but suspicion develops in the mind of the patient. One case of the sort went on to death from a vicious pharyngitis in spite of all efforts to save the patient. The day before she died the friend with whom she had been living told me that for three years at least she had been taking a "pain killer" for her frequent migraine attacks.

7. *The Family Base* (inherited tendencies) furnishes a key.

This may be tubercular, psoric, venereal, or wholly environmental.

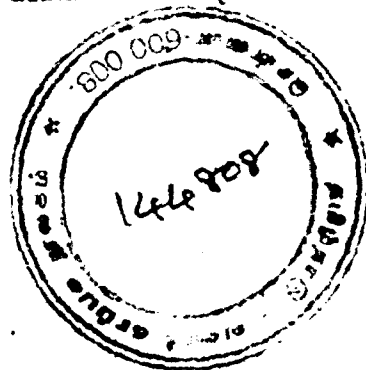
8. A combination remedy works when neither element given alone has the desired effect.

For example: one very difficult case did nothing after *Calc. c.*, nor after *Phos.* but *Calc. p.* made brilliant cure and did not take long to show its capacity to do so. Of course the symptoms of *Calc.* and *Phos.* could be seen in the picture.

9. *The epidemic remedy*, when established in any epidemic, will cure one-sided, veiled cases of the epidemic disorder when no remedy stands out clearly.

10. When no remedy can be seen in incurable cases with almost wholly pathological symptoms, sometimes a drug selected on diagnosis alone will prove to be a deep acting palliative. In one case of cancer of the tongue. *Nit. ac.* was a great blessing allowing a patient to go down to death with comparative ease.

(To be Continued)



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