

suffering from skin diseases or helminthiasis and suppression of customary discharges. Throbbing pressure in head, especially in forehead, possibly with vertigo and restlessness in legs. According to *Heyberger*, *Zincum metallicum* 2x to 4x acts as a specific in eclampsia.

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ASTHMA

(Translated from *Rueckert's Klinische Erfahrungen*
by the late S. W. S.)

Ambra

General remarks—I have found *Ambra* in the 2nd and 3rd centesimal triturations for dry and senile asthma useful, especially where patients complain of oppression in left side of chest extending to the posterior thorax and between the scapulae, as if originating from the heart, with palpitation, anxiety, dyspnea. I also found it useful in asthmatic conditions of scrofulous patients—*Hartmann*.

Antimonium tartaricum

General remarks—The question as to which form of asthma this remedy has specific curative relation we believe can be answered with the aid of pathological and physiological findings. A fact which throws light on many pathological symptoms, and of which we can find immediately a proof, is that *local irritation in all parts covered by mucous membrane* is able to affect pathologically all respiratory nerves (total or single groups) causing convulsive motions. This asthma, caused by an irritation (catarrhal or hemorrhoidal) of the respiratory or digestive organs, which always is periodic, has in *Antimonium tartaricum* its

specific action. *Carbo vegetabilis* is its rival, while *Arsenicum album* is suitable in asthma from hydrothorax, in organic pathology of the heart or larger blood vessels. *Phosphorus*, similar to *Antimonium tartaricum*, is never indicated in phlegmatic patients (according to Lobethal), but prominently effective in asthma of excitable, usually blond patients. *Antimonium tartaricum* corresponds more to asthma in torpid, quiet patients.

Attacks are aggravated when patient is lying down, forcing sitting up leaning forward to prevent suffocation; amelioration from expectoration of tenacious mucus. Mucous râles.

Antimonium tartaricum is indicated in danger of suffocation due to occlusion of air passages; aggravation evenings in bed, increasing till morning when amelioration comes gradually. While attack is very severe, anxiety to choke off heart's action. No organic heart trouble was observed—*Hartmann*.

A girl of 11 had been treated allopathically for two weeks on account of catarrh. *Symptoms*: Greatly emaciated; face pale, circumscribed redness of cheeks; patient lies on back, sliding down in bed; respiration short, fast; coughing frequently day and night without expectoration; loud râles especially on left side; percussion note sonorous; auscultation shows no change in lung tissue. Skin withered, dry; temperature slightly increased. Pulse small, thready, 120. Not much thirst. Meteorism, but not painful to pressure. Constipation.

Antimonium tartaricum, $\frac{1}{2}$ grain in water, $\frac{1}{2}$ tablespoonful every 2 hours brought continual improvement—*Rampal*.

A weakly clothmaker had nocturnal attacks of suffocation, followed by cough with increased difficulty in breathing; later cough with mucous expectoration and relief of breathing. When nights were bad, some breathing difficulty remained. *Antimonium tartaricum* 15c, given evenings, cured—*Neumann*.

Arsenicum

General remarks—Suffocative attacks evenings after retiring; oppression of chest from climbing stairs, etc.—*Hahnemann*.

Asthmatic attacks, especially after suppressed coryza, with panting breathing; gasping for air with sensation as if dust in trachea, especially around midnight and from motion, with groaning and restlessness—*Ehrhardt*.

Asthmatic attacks, especially in clearly nervous or hydrothoracic dispositions, are often helped or at least much relieved by *Arsenicum* (except in developed hydrothorax where it is deceptive because patients who so long have gasped for air suddenly die. Often have I thought that repetition of *Arsenicum* in such cases annuls the action of the first dose)—*Lobethal*.

In no sickness, aside from intermittent fever and cancer, has *Arsenicum* enjoyed such great reputation among physicians as in asthma. Capillary bronchitis in the aged with tough mucus, râles in chest, difficult breathing threatening pulmonary paralysis are indications for *Arsenicum*—*Frank*.

Severe oppression with anxiety, restlessness, heat, thirst, small rapid pulse indicate *Arsenicum*—*Kreuss*.

In most severe attacks, after suppressed coryza, aggravation toward midnight with râles in chest, anxiety, restless tossing about, especially in old patients, aggravation from walking and motion, pressure in region of heart, *Arsenicum* helps. Later, if there is an aggravation, *Ipecacuanha* may be indicated; at times, if aggravation occurs the next morning, *Nux vomica* may be indicated—*Hering*.

A cavalry man during maneuvers became ill. *Symptoms*: In stormy weather with thick atmosphere and while walking fast, or in tight uniform, or change from warm to cold, even from laughing loudly, patient developed asthma forcing him to stop. At the same time he feels pressure on chest with fear, and is alternately hot and cold. The attacks leave him gradually after expectorating sticky, white mucus. Such attacks may last an hour. Aggravation when entering a warm room. No remedy has helped during these 5 years. *Arsenicum* 30c in daily doses relieved and cured—*Gross*.

A man has been sick for 8 years. Attacks evenings when retiring. *Symptoms*: Asthma with whistling expiration. Oppression in chest and larynx, relieved when leaning forward. Great anxiety with perspiration for 3 to 4 hours, better toward midnight. Working in his wine cellar aggravates. *Arsenicum* 30c cured, permitting patient to work in his wine cellar 6 to 8 hours daily—*Attomyer*.

A man of 32, tall, slender, has had asthma for a year. Allo-

pathic treatment did not relieve. *Arsenicum* 30c one dose cured in 4 weeks—*Gaspary*.

A man of 78, of gentle disposition, was cured of asthma 3 years ago with *Arsenicum*. He then developed laryngeal catarrh which a cold changed to bronchitis with asthmatic attacks. His expectoration is difficult. *Aconitum* relieved in 24 hours. Now his pulse is intermittent and weak; he has rattling breathing with much mucus expectoration; appetite is lacking; insomnia; believes he is dying. *Arsenicum* 2c cured—*Frank*.

A man of 46, strong, has for 16 years suffered from flatulence, and during the past few years complained of tightness in chest, dry cough, loss of appetite, anxiety about every 2 or 3 weeks, usually nights, driving him out of bed, must sit up and is sleepless; relief from coughing up mucus. Vexation and exertion aggravate. *Arsenicum* 30c relieved in 2 hours. A year later still well—*Schulz*.

Asafoetida

A man in the thirties, scrophulous from childhood, has always been asthmatic. Has had at least one attack daily from any physical exertion and after every meal. *Asafoetida* 9c, a daily dose, cured completely. A recurrence a year later was also cured by *Asafoetida*—*Lobethal*.

Bovista

An unmarried lady of 21 had been treated for a long time allopathically and homœopathically for spasmodic attacks of asthma, getting worse continually; aggravation from mental emotion; has several attacks daily. *Symptoms*: Before attacks, gnawing and stitching pain in throat and cutting pain in tongue as if cut by knife. This is accompanied by convulsive motions of all facial muscles, followed by hysterical laughing and crying with constriction of throat and trachea, or by sensation as if throat would burst; also contraction in chest making breathing and talking difficult. The usually pale face turns dark-red. All worse before otherwise normal menstruation. Characteristic seemed the premonitory pain in tongue which indicated *Bovista* which was given in the 18c potency every 4 to 7 days. After 12 doses patient was cured; she remained well after 6 years—*Schultz, Sr.*

Bromium

A girl of 16 had suffered from asthma for 10 years following measles, can not walk fast, nor climb stairs without exhaustion; she was cured by 5 doses of *Bromium* 30c—*Hering*.

Calcarea carbonica

It cured asthma occurring when stooping—*Hahnemann*.

This remedy was very useful in scrophulous subjects—*Kreuss*.

A girl of 18 had suffered from asthma for 2 years. *Symptoms*: Sensation as if lower part of thorax were squeezed together; previously attacks had appeared seldom, but became more frequent and now there are really no intermissions. Aggravation mornings and from climbing stairs, as well as from exertion. Eating does not influence, not atmospheric changes. Heart action and percussion normal, as are also respiratory sounds between attacks; but during the paroxysm loud whistling is heard from afar. Patient has no pain, and all other functions are normal, except that painless copious menses last 7 days without affecting attacks. Provocative moments not known. *Nux vomica* 6c, *Arsenicum* 12c, *Phosphorus* 3c, *Lobelia* 6c accomplished nothing in three months. *Calcarea carbonica* 6c soon relieved and cured completely—*Sommer*.

Cannabis sativa

It is especially suitable in orthopnea where patient can only breathe when sitting upright with head stretched forward; whistling in trachea; severe action of abdominal muscles; greatest restlessness and anxiety, especially before midnight while lying in bed. Hartmann found this condition only in hydrothorax which was secondary to a progressive cardiac hypertrophy.

A man of 60 has periodic asthma, must then stand by open window with upper part of body stretched forward to prevent choking. Several remedies failed, but *Cannabis* 30c cured—*Kreuss*.

Carbo vegetabilis

Indicated in acute and chronic cases of asthma. Symptoms are cold, extremities icy cold, pulse

slow and intermittent. Sometimes there is real muscle rigidity, hands and feet numb, nails blue. Often an attack is followed by severe shaking cough—*Kreuss*.

A woman in the 30th year, following overwork nursing, was very weak, nervous, had fever and bronchial catarrh; too weak to expectorate accumulated mucus with severe coughing attacks. *Symptoms*: Has to sit up in bed, can not lie down; cold face expresses mortal fear; nose pointed; bathed in cold perspiration; cough short, usually dry, breath becoming shorter and difficult. *Carbo veg.* 30c was given; steam inhalation every 5 to 10 minutes. Almost immediate relief. Patient convalesced quickly and was entirely well—*Lobethal*.

Chamomilla

General remarks: *Chamomilla* helps where there is constant ineffective trial at coughing with severe pressure on chest and heart, or where no perspiration occurs; attacks after intense anger—*Hering*.

Breathing difficulty in children during windy weather; where in previously healthy children the epigastrium and hypochondria become tensely swollen, with restlessness, tossing about in bed, crying, drawing up legs, shortness of breath. Here *Chamomilla* is almost specific—*Hartmann*.

China

Asthma with whistling breathing and mucous râles threatening suffocation nights when awakening; or where breathing is only possible when sitting up, where patient perspires and takes cold easily—*Hering*.

Conium

General remarks: Indicated in senile asthma (when beginning hydrothorax is not causative) with fast breathing from least motion and dry convulsive cough. Here *Conium* is unsurpassed, which can be curative where patients are not too old—*Lobethal*.

Cuprum

A boy of 6, usually well, had crusta lactea when very young which was quickly suppressed by salves. After every cold develops dyspnea with convulsive cough and chest râles. When trying to breathe deeply, has cough with whistling inspiration

Dyspnea aggravated by coughing, laughing, fast walking; epigastrium sensitive to pressure, all aggravated when going to bed. During attack patient has to sit up bent forward; while mucous expectoration; heat and perspiration of entire body; abdomen painful to pressure, especially hypochondria. After attack has cough similar to pertussis with pain in epigastrium. *Cuprum carbonicum* 15—*Knorre*.

A woman of 33 has chronic asthma following a fright. *Symptoms*: Menses were scanty, but now profuse for 5 to 6 days, preceded by congestion with palpitation; during menstruation daily asthmatic attacks. Shortness of breath always, must often take a deep breath especially when walking fast or climbing stairs. Dress feels too tight over epigastrium. Attacks force patient to lie down, begin with hiccup, contractive sensation in chest, can neither speak nor breathe. Fast breathing with panting; chest expansion shallow while abdominal muscles act convulsively. At the height of attack convulsive contraction of facial muscles, trunk and extremities, while face is high-red, almost swollen, finally covered with hot perspiration. Severe pressure over epigastrium shortens or ends attack. Exhaustion follows attack. Several attacks daily.

Cuprum aceticum 30c was given, after which attacks came less often, were less severe; four weeks later after great provocation she had only a little shortness of breathing. At the beginning of menses severe congestion with inclination to spasms. *Mercurius solubilis* 2c cured this. After one year new attack following triturating verdigris was also cured by *Mercurius*—*Gross*.

Ferrum

Nocturnal attacks from erethism of the vascular system and congestion to chest. Aggravation from sleeping on back and covering of chest; better from sitting up and total uncovering of chest—*Knorre*.

Hepar sulphur

A patient (tenor singer) had suffered three years ago from dry, red herpes over epigastrium, with painful chest oppression. Allopathic treatment did not help. *Symptoms*: Sleeplessness

on account of difficult, whistling breathing with râles, much mucous expectoration; drops off to sleep, is awakened by attack of suffocation, has to get up and breathe open air. During the day patient is free from attacks and can do his singing. *Sulphur* 30c did not help in 20 days when *Hepar sulphur* 30c was given with primary aggravation for 5 days, but cured when herpes appeared again as he had it 3 years ago—*Perussel*.

(To be continued)

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CURED OF ASTHMA

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There are many people who suffer from asthma. I was one who had this depressing and debilitating disease. Naturally, I went to a doctor for relief, one who was highly recommended by other asthma patients. I took numerous scratch tests, intracutaneous tests, and it was decided that I was allergic to molds, housedust, feathers and pollen. Because I reacted violently to these, I immediately tracked down all violators and removed them from the house. That is, with the help of my family. I was too ill to do it all by myself.

I liked my M. D. He answered my questions and seemed to take a personal interest in my case. He patiently explained how the shots he was about to prepare for me would gradually, over a period of time, immunize me against those things my body would not tolerate. I had become sensitized and the shots would cure me. Once a week I was to have a shot.

I went regularly. I was doing well, feeling better. Each time the shot was slightly strengthened, but as time went on I