

## SOME PERSONAL EXPERIENCES

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Basically, homœopathy is akin to vaccination, in that it gives back to the patient in a very small dose the same drug that would produce the illness he is suffering from were it given in larger doses. Deadly nightshade contains BELLADONNA, and in poisonous doses produces an illness sometimes indistinguishable from scarlet-fever.

It has happened on more than one occasion that patient has been sent to an isolation hospital supposedly suffering from scarlet fever. On fuller examination it was discovered that he had been wearing a belladonna plaster for too long. He was, in fact, suffering from belladonna poisoning. The knowledge of this clinical similarity between belladonna poisoning and scarlet fever is used every day throughout the world by homœopathic practitioners, who find that even in 1958 there is still no quicker or more effective treatment for scarlet fever than administering potentised BELLADONNA.

Of course, if any particular case of scarlet fever does not closely resemble belladonna poisoning, then they would use another medicine—a plant, or chemical, or animal product—which in poisonous doses would produce a picture most like that particular case of scarlet fever. This is the basis of homœopathy, treating like with like. It is of less importance that the remedy is in a potentised form, which is done by successively diluting and vigorously shaking each dilution in a certain way, each dilution increasing the potency of the remedy.

### Toxic Effects of Peeling an Onion

Another Illustration of the principle of homœopathy is in the use of IPECACUANHA which in material doses is an emetic, but which when given in minute doses will control many cases of nausea or vomiting.

Again, it is a common experience that if you peel onions, and get some of the juice near the face, your eyes will begin to smart and water and your nose will begin to run. Later you

will start sneezing and even coughing. These are the toxic symptoms that follow, and are in effect a proving of onion juice. Now if a person suffers from hay-fever or a head cold that identically simulates the above clinical picture, his condition will improve very quickly if he is given onion juice, but this time in a potentised form, *ALLIUM CEPA*. The problem is not just as simple as that, because there are at least two dozen plants or minerals which in toxic doses bring on these symptoms, but each slightly varies from the other. It therefore becomes necessary to separate the finer details that distinguish the effects of one plant or mineral poisoning from the other.

The eye bright plant, *EUPHRASIA* was well known to the ancients and was used by them as an eye medicine. Its bright eyes peep out from the turf of the commons and meadows of the countryside, justifying its name which means to gladden. Its name also reminds us of its use. Culpepper says of it :—"If the herb was but as much used as it was neglected, it would half spoil the spectacle makers' trade."

In toxic doses it produces the signs and symptoms of hay-fever, very like those produced by onion juice, but there are subtle differentiating features. I myself suffer from hay fever, but personally have never had to take a single dose of any anti-histamine, or use any nasal spray, yet I get severe attacks if untreated. If I start driving in the country at this time of the year in dry weather, especially in the evening, within minutes I would experience itching in the inner corners of my eyes. Soon I would be sneezing, and my eyes burning and watering ; eventually they would become bloodshot.

If, at the first symptom, I take a pilule of *EUPHRASIA* I notice a mild aggravation for about 30 seconds. That is, the itching grows suddenly more intense than is usual at that early stage, and then nothing further develops. The higher the potency of the dose I take, the less is the aggravation, and the longer the effect lasts. In the third potency the benefit is only a few hours, in the 12th nearly all day, and in the 200th several days or even weeks. I took a pilule of the 1,000 potency 15 days ago and have not had to take another dose yet. I have had ample opportunity of verifying these facts by simple research on myself.

ALLIUM CEPA does not help me, but then I would not expect it to, as my symptoms do not correspond in all respects with onion provings.

#### Hay Fever Cases

Recently, with a crowded surgery, a man came in with very pronounced hay fever. His eyes were bloodshot, both his eyes and nose were running, and I had heard him sneezing in the waiting-room. He had had hay fever for many years, and had been treated with all the latest anti-histamines. He had only moved into my district last winter and this was his worst attack this year. He had delayed coming sooner because he assumed little could be done.

I had only time to collect a few details, and then gave him one pilule of EUPHRASIA 12 and when I called him in after five minutes he said his eyes were neither better nor worse. In other words the remedy had not touched him, and my hurried diagnosis was incorrect. I asked him a few more questions and then gave him ALLIUM CEPA, in the 30th potency because I was more confident in my diagnosis. I asked him to wait outside for ten minutes. Looking through my surgery window a few minutes later, I saw him strolling about outside in the brilliant sunshine. He had told me sunshine always made him worse. When I called him in again he was delighted, as he felt much better; his eyes stopped itching and watering, but more than that they were no longer bloodshot. I gave him a further supply of ALLIUM CEPA 30, instructing him on no account to take another pilule until his hay fever reappeared, which probably would not be for a few days. This case illustrates two things :

The rapidity of action of a homœopathic remedy in an acute condition—that second pilule cleared the conjunctiva of engorged blood vessels in ten minutes. The average anti-histamine taken by mouth would not have begun to work in less than half an hour.

That it is not a matter of psychology. Both pilules were identical as far as colour, shape, size and taste were concerned. The only difference was that they contained different remedies. The first was ineffective, the second worked dramatically.

The same evening a school mistress came in with blood-

shot eyes suffering from severe hay fever. I gave her ALLIUM 30 and recalled her ten minutes later. In that time all her symptoms were relieved, and her eyes had lost their bloodshot appearance.

There are some two dozen remedies used regularly to ease and cure hay fever. How much more skilled and exacting is homœopathic prescribing as compared with allopathic. It is important to realise that most of the medicines used in homœopathy are listed in the standard Pharmacopœia. It is the way in which they are used that is different. The popular system of medicine used by 99 per cent. of the profession in this country is called allopathy which suppresses the symptoms on the principle of opposites. Thus, in diarrhœa the allopath uses medicine that binds, and his choice is strictly limited.

#### Variety of Remedies

Apart from the sulphonamides, or a mixture of chalk and opium, little else is used. The homœopath, on the other hand, has a wide variety of remedies all of which are laxatives, like rhubarb, senna, aloes or cucumber, but which, when given in infinitesimally small doses, will control diarrhœa. I have only mentioned a few well known medicines but there are many others. There are a few exceptions where the allopath does use the homœopath's approach.

For example, in diarrhœa when castor oil is given to purge the patient still further, and thereby eliminate the noxious substance that was causing the upset. But even then he uses far too big a dose and only aggravates the condition. Similarly, a lump of alum has been given to be sucked in cases of sore throats. In alum poisoning you get a sore throat, and so, in homœopathy, potentised alum is frequently used to cure this condition, and does it far more effectively.

The amazing aspect of homœopathy is how such a small dose can be effective. Moreover, the smaller the dose,—that is the more times it has been diluted, or the higher its potency—the more powerful it becomes. If the exact remedy is administered, the dilution can be so great that the dose is in effect a microdose. For example, the 200th potency, which is frequently used, is equivalent to one over one with 400 noughts after it.

**A Good Analogy**

It is this side of homœopathy that has caused, and still causes, incredulity. A very distinguished professor of surgery, whom I knew well, said : "Homœopathy is ridiculous. It could not possibly work because the dose is too small. It is like putting a drop of ink in the Thames at Oxford and then, after a suitable interval, taking a cup full of water from the Thames under Tower Bridge, and expecting to find any of the original ink."

The analogy is a good one as regards the fantastic degree of dilution, but it takes no account of the all important process of succussion—that is the vigorous shaking which takes place after each dilution,—or of the mysterious power which is liberated thereby. After all, modern science has revealed fantastic discoveries. Take these examples :

Light travels at the speed of 186,000 miles/second. Astronomers inform us that they have discovered stars whose light takes  $1\frac{1}{4}$  million years to reach us, travelling at that speed. Can you understand the distance involved ? . . . I cannot, yet I don't dispute the facts.

In a healthy adult man, one cubic centimetre of his semen contains up to 200 million active spermatozoa, any one of which is capable of fertilizing a ripe ovum, and thereby producing a new life.

We are informed that the latest atom bomb "has an explosive capacity that surpasses that of all the bombs and ammunition exploded by both sides throughout the whole of the second world war—that is more destructive power than that caused by the hundreds of thousands of sorties flown by all the German, Japanese, British, Russian and American bombers, plus all the shells of the combined artilleries of these nations, plus all the naval bombardments of the great surface fleets". Yet by definition an atom cannot be divided ; its very name means indivisible. Yet when an atom is spilt in a certain way and under certain circumstances it shakes the world.

**Incomprehensible Figures**

We have learned to accept these facts without question and

without fully understanding them. Why then jib at homœo-therapy, which employs equally incomprehensible figures? It works, even though the dose is so small; yet I cannot explain why splitting the dose repeatedly liberates such tremendous power.

When I first decided that homœopathy was worthy of investigation various advantages immediately appealed to me. I found that the medicines were usually administered in the form of sugar pilules or granules. The sugar in question is lactose, or milk sugar, which had been medicated with the particular remedy. These pills are easy to administer and are acceptable to all age groups. The obstinate, spoiled child will generally take them when it spits out all other medicines.

I have given crushed pilules or granules to babes when only a few minutes old; children love them, and can be given them even in their sleep; they rouse only sufficiently to suck or chew them without properly regaining consciousness. This is useful when, for example, a sleeping child is found to be becoming feverish, or if it has a troublesome night cough which has not woken it.

The remedies are harmless if taken in big quantities in one dose. This is important, because a child would eat the whole bottle if given the chance; yet should it do so, no harm would ensue. This has happened several times in my experience, so now I instruct all parents about this fact, when I issue their first supply. I tell them of an occasion when a youngster fed four bottles of pills to the gold fish, who continued swimming about quite unperturbed.

#### **Allopathic Contrast**

In contrast to this, allopathic medicines are for ever being changed. Every decade some drugs fall into disrepute and are discarded on account of toxic side effects. Only recently the *Lancet* had a leading article on "Drug Induced Blood Disorders," listing six popular widely used medicines, all of which are now known to have caused fatal complications. History is simply repeating itself.

This can never be said of homœopathy; if the medicine does not work, you have simply wasted a few pilules, but you

have not harmed the patient. It is like trying to open a locked door with the wrong key in the bunch—neither the lock or the key is harmed. But if the remedy does work, it not only relieves the condition, but begins to cure it.

Added to this, homœopathy has not significantly altered in over 100 years; nor need it, nor can it. In experienced hands, its cures cannot be improved on. The only progress it can make is by proving the toxic effects of new substances as they are discovered (most of the known plants having been tested) and seeing if they correspond to any known diseases. If they do, are utilised homœopathically.

So far I have mentioned two advantages of homœopathic medicines: their ease of administration, and their lack of toxic side effects. The third advantage is their convenience. It is possible to carry around anything up to 250 different medicines in a compact visiting case. In my pocket I have a pill case, with 24 commonly used remedies. It is surprising how often it justifies its existence. For instance, if a member of this audience collapsed or felt unwell, the chances are that one of these medicines would be indicated. An allopath probably would have nothing to hand that would be effective.

#### **Dramatic Speed of Action**

Advantage number four is that homœopathic preparations neither corrupt nor deteriorate, and preserve their power for half a life time. In the fifth place, their cost is only a fraction of that of their allopathic equivalent. A sixth point is that their action is so rapid in acute conditions that no critical time is wasted in using them as a first resort. Their speed of action is often dramatic.

I know a woman with high blood pressure, who has her own supply of BELLADONNA 200 in granules, which she calls "pin-heads". She says that one granule, placed on her tongue, will completely abort her attacks of giddiness and prevent her loss of consciousness, if she can take it in time. She has a margin of approximately 15 seconds in which to take it. Whereas eight years ago, I had to visit her frequently on account of these attacks of hypertensive encephalopathy, it is now nearly four years since I have been called. She still has her high blood

pressure, and at least once a week she feels a turn coming on. Only recently she failed to take her "pin-head" in time and went completely unconscious. Her small bottle of granules was issued eight years ago, and cost only a few shillings. It isn't half used up yet.

A second example of speed of action is in the type of acute gastroenteritis where there is vomiting and diarrhoea simultaneously. I regularly use ARSENICUM ALBUM in Cm for this condition. Very often the vomiting stops completely after the first dose, even though the person has been vomiting every few minutes before taking the medicine. CHAMOMILLA in potency, generally calms a screaming baby, whether suffering from teething pains, colic, or ear-ache, in less than 30 seconds, despite the baby has been howling for hours, and aspirin has failed to relieve.

I remember an old man coming into the surgery with acute wind, who had been sitting in his chair all night in pain, as he could not lie. He had tried several varieties of dyspepsia tablets, hot peppermint, and bi-carbonate of soda, all to no avail. I gave him one dose of CARBO VEG 30 and about 30 seconds later there was a tremendous noise as he eructated. His own account later, so his wife told me, was that it was like a double barrelled gun going off.

That was not a bad description, but he also told me and his friends that it was the first relief he had had for 24 hours. I have seen people with throbbing, bursting, congestive headaches, which have lasted for days, and which have resisted full doses of veganins and so on, obtain relief in less than two minutes under the action of BELLADONNA, SANGUINARIA, or some other homœopathic remedy.

Many a time I have had the experience of a mother bringing her child to a morning surgery, and saying: "Doctor, if only you could have seen this child last night. He was like a furnace. We were just going to send for you when we remembered the fever pills. We tried them and he went cool, and was asleep again in half an hour. This morning he has had his breakfast and there does not seem anything the matter with him. I brought him so that you can tell me what he was in



for." To which I reply: "Your guess is as good as mine—whatever it was has been nipped in the bud and he is better again."

#### **Household Stock Remedies**

From this you can see that I am saved many a night call, because I make it a policy to set up every household where there are children with certain stock remedies to be used in accordance with my instructions. These remedies are all obtained through the N.H.S. and include ACONITE, BELLADONNA, IPECACUANHA, and CHAMOMILLA, which carry sufficient instructions on the label to tide one over 80 per cent. of emergencies. If you think 80 per cent. sounds an exaggeration, let me remind you that ACONITE or BELLADONNA between them cover the onset of most feverish conditions.

ACONITE is also invaluable in croup, shock, asthma or nose bleeding where fright is a dominant feature. BELLADONNA also covers many sore throats, congestive headaches, effects of exposure to the sun, and cholera. IPECACUANHA is very useful at the onset of many colds and coughs or conditions associated with nausea or vomiting. Finally, CHAMOMILLA relieves certain types of intense pain caused by earache, colic or teething, for example, which are driving the patient frantic. These are only some of the indications for these four remedies. I think any doctor will recognise that that list includes 80 per cent. of his emergency calls.

My last reason for regarding homœopathy as superior to allopathy is because the remedies can be administered in conditions where no other medicine could be given or retained by mouth. For example, in convulsions, coma, vomiting and certain cases of quinsy.

**Convulsions:** Recently I received an urgent call to a mental defective colony, to a lad in status epilepticus. He had been unconscious for an hour and the assistant matron said she thought he would have died any minute. He was in a typical convulsion when I arrived, blue and frothing at the mouth. I placed a few granules of NUX VOMICA between his clenched lips. A few minutes later he had already significantly improved. NUX

VOMICA contains an alkaloid called strychnine, which in toxic doses is a powerful convulsant.

**Coma :** An old man suffering from recurrent cerebral vascular upsets which made him suddenly become stuporous, with flushed face and slurred speech was given one crushed pilule of BAPTISIA (wild indigo) while he was semi-conscious, on the third occasion that I found him in this condition. When I left I told the relatives that I would call the next day, by which time he should be fully conscious again, but still unable to stir from his bed. That had been the pattern of the two previous episodes.

Imagine their surprise when he came down stairs a few hours later and decided to take a walk in the garden. This dramatic recovery with BAPTISIA was repeated several times before he died some years later.

**Vomiting :** A young mother near term during her second pregnancy developed bronchopneumonia, which was complicated by persistent vomiting. For three days she could not keep any solids down, and by the fourth day was not only vomiting water back within a few minutes of drinking it, but also every form of allopathic medicine I had given her, including the anti-biotics. She was extremely thirsty. In desperation I gave her PHOSPHORUS 12, crushed and melted in water. The reason I melt the remedy in cases of vomiting is that the very sweetness of the pill may cause the sick patient to return it. She never vomited again after that first dose, and within three hours had eaten a cooked tea, which she retained.

**Quinsies :** I once had a midnight call to a man in intense pain who was feeling suffocated by a large quinsy which was very slow in discharging. He could not swallow water or even his own saliva. I placed a few granules of HEPAR SULPH. 30 on his tongue, and within minutes he felt easier, although the quinsy did not burst for several hours.

With many other doctors I was able to test the efficacy of homœopathy during the recent Asian influenza epidemic. I visited over 400 cases, most of which required BELLADONNA initially, and GELSEMIUM later. Again and again I proved that BELLADONNA 200 brought the temperature down for quicker than

did salicylates (aspirin etc.)—usually only one dose was required.

A typical example was a four-year-old boy who had been feverish all day, despite his mother having given him aspirin (grains 5) every four hours. I saw him first at 6.0 p.m., when his temperature was 103.5. I gave him one pill of BELLADONNA 200, but left the mother a bottle of penicillin suspension in case complications set in during the night. Next day she returned the penicillin unopened as the boy had become cool by 8.0 p.m.

Four of my own children went down in turn, and in each case their temperature exceeded 104. They all became delirious; but none received anything but BELLADONNA in high potency. In the case of the 10-year-old, his account next morning was interesting: "Daddy, after you gave me that pill, I stopped seeing a boat sailing across the ceiling, and my bed stopped going up and down. I seemed to go off to sleep." We did not have a night up with any one of them.

This is most significant, because I had received a medical directive some weeks before the 'flu came to my village, informing me of its pattern, and that the fever would last anything up to 72 hours.

#### Woman was Amazed

During the epidemic there were several people who developed coughs with stabbing chest pains like those of pleurisy. I had four in one week, all having similar pains and all responding speedily to homœopathic medicines. One required BRYONIA, the second CHELIDONIUM, the third KALI CARB. and the fourth RANUNCULUS BULB. There were different features in each case that indicated these different medicines, and what cured one would not have helped the others.

In the fourth case, the woman said: "I was amazed. I have never got over 'flu like that before. Last time when I had those pains I developed pneumonia and was in bed a month." She was only given homœopathic RANUNCULUS BULB and was up in four days.

Homœopathy not only offers oral vaccine tablets for protection against infectious diseases such as small pox, diphtheria, whooping cough, measles, and even poliomyelitis, which can be

given to the youngest babe and have no harmful side effects; but it provides remedies for treating the same diseases, and takes the patient through them quicker and with far less suffering than they would otherwise experience, and with less complications following.

Take the instance of a four-year-old boy with whooping cough in its fourth week. The white catarrh was so sticky and difficult to expel that he was sick after each bout of coughing. In the previous three weeks he had only nibbled at Cornflakes. I gave his mother COCCUS CACTI 12 pills, instructing her to give him one each morning until they re-acted—which would be shown by his becoming noticeably better or worse. She stopped the medicine after the third dose, as on the fourth morning he asked for bacon and eggs with toast. He enjoyed his breakfast and kept it down, and continued from that day to make a rapid and complete recovery.

I would like to emphasise that I personally try and maintain a balanced view about allopathic medicines. I have met people who say that they would rather suffer than take even an aspirin. Well, I do not like taking aspirins, but I always take a couple before visiting the dentist in case I have to have a filling. One woman told me that her own doctor had poisoned her by giving her six tablets, and it took ten days of treatment at a hydro to wash her body clean. To me that is nonsense, especially as she was a cigarette smoker. The paradox is that whereas the body can, with few exceptions, readily eliminate occasional doses of allopathic medicines taken by mouth, it is handicapped and at a disadvantage in eliminating all of what is inhaled, such as the contents of cigarette fumes, or what has been introduced by injection, as in vaccinations or inoculations.

*(To be Continued)*

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