

Then taking into consideration his parentage and their general skin troubles—a few dose of *Sulphur* brought the case to a most satisfactory close with no after effects whatsoever.

However, knowing their habits too, of too little clothing in a bitter winter—the following autumn he got cod liver oil, and a few doses of *Natrum Sulph.* 6 (one every other day for three weeks) and he went through the winter all smiles! His mother too, as he had been a trouble to her since his birth with colds, etc.

—*Health & You, July, '56*

HOMŒOPATHY AND MENTAL HEALTH

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Homœopathy and Psychiatry are not only compatible but mutually helpful. Psychiatrists as a group are the most tolerant of all medical specialists. There are a number of reasons: first, the subject matter with which they deal; second, the newness of the field—it may be the oldest of the Arts but it is the youngest of the Sciences—third, Psychiatrists are their own severest critics. As Dr. Kalinowski says, "We are treating empirically disorders whose cause is unknown with methods such as shock treatment whose action is also shrouded in mystery."

Many of the psychiatric views and procedures are very close to homœopathic thinking and philosophy, such as recognition of repression and the possible dire results to which its excessive use may lead; also, recognition of that something in the individual, a psycho-biological entity, (the constitutional factor), which determines how and why he will react to stress in a certain way, such as with either psychosis or neurosis, or even be undisturbed or, at the most, only temporarily upset.

It has become apparent that a great many factors enter into the causation of mental illness. To borrow a mathematical

example, this idea could be described as follows: e.g., constitutional factor + environmental factor + precipitating factor = mental illness. The constitutional factor includes innate endowment, tendencies, talents, weak spots, degree of ability to withstand frustration or to meet unpredictable contingencies which may happen with explosive suddenness. The environmental factor includes not just physical environment, but inter-personal relationships, economic status, amount and kind of education. The precipitating factor may be anything which changes the status quo: a birth, death, separation, economic reverses, demotion, even sometimes promotion. A "hill-billy" would be considered sane and well-adjusted in Tennessee, but he might be "insane" and maladjusted in a Detroit automobile assembly line. He would be out of his element and bewildered.

Psychiatrists, like homœopaths, recognize alternations between mental and physical illness, i.e., tuberculosis and mental illness, cancer of the lung and mental illness, heart disease and mental illness, high fever and mental illness, severe burns and mental illness. In all these conditions it has been found that when the mental illness becomes better, the physical illness becomes worse, and vice-versa.

Homœopaths recognize, also, that the transference phenomenon, a crucial point in psycho-therapy, conforms to the Law of Similars. Transference is the displacement onto the physician of whatever important similar emotional attitudes the patient had towards important people of his past; i.e., if he had reacted to his father in a hostile way, he will be inclined to "bristle" against all authority and authority-figures, including his physician.

As far as psychiatry is concerned, we should abandon as much as possible all generalizing categories and proceed to an investigation of the specific condition with which we are dealing in the individual. This was Freud's great contribution in changing psychiatry from a descriptive level to a dynamic type which asks Why and How, not just What is, which is descriptive. The essence of Homœopathy is individualization.

Psychiatrists, like homœopaths, recognize that drugs can

cause psychotic-like reactions on the healthy, for example Lysurgic Acid and Cortisone, to name but a few. According to Dr. Solomon, "In a short space of time under the influence of a mere trace of a chemical agent in normal subjects, a variety of mental symptoms occur that are *similar* to *natural* psychoses. (Italics are ours.) We strongly believe that this type of experimental psychiatry is progressing in the right direction and may some day provide an answer to the most perplexing problem in Psychiatry." (He is referring to schizo-phrenia.)

How can Psychiatry help Homœopathy ?

First, by clarification of the mental state. The physician should always ask, "Why do you come with this problem at this particular time?" To illustrate, a young woman of 20 in excellent health complains of pain in rectum. On examination nothing wrong is found. She later reveals that her father died of cancer of the rectum two weeks ago. Symptoms may conceal a masked depression, unresolved anger or grief. Things are not what they seem to be. Very often words are used to conceal thought rather than to reveal it. In this way many rubrics in Kent's *Repertory* which are not frequently used but apply to ailments from grief, anger, mortification, could be utilized.

Second, by understanding the doctor-patient relationship which is based on the transference phenomenon. The doctor will deliberately foster this relationship in a positive manner in order to understand the patient better. The patient, in turn, will co-operate much better, will relate better and talk more freely with the doctor. The doctor will have more data to prescribe on.

Third, by early diagnosis. The earlier the recognition, the better.

How can Homœopathy be of aid to Psychiatry ?

It bridges the gap between theoretical and psychiatric knowledge on the one hand and the well established sciences on the other.

Relation of Psychiatry and other allied Sciences to Homœopathy :

Philosophy Psychoanalysis Sociology Clinical Psychiatry	}	The "mental" sciences feebly supported by fundamental sciences.
Homœopathic Philosophy and Homœopathic Materia Medica	}	Gap because of void in present knowledge; investigation in human psychology and psychiatry difficult to control scientifically because it is difficult to apply scientific method in field of human biology.
Experimental psychology Physiology Neurology Pathology	}	All are basic and well founded on controllable observations.
Physics Anatomy Chemistry	}	Ultimate though remote support- ing blocks; more exact science in which measurable data are used.

Knowledge of homœopathic Materia Medica and Philosophy would relieve a great many of the baffling neurological diseases as well as psychiatric diseases. We have at least 120 drugs in the homœopathic Materia Medica with strong mental symptoms. It is a good idea to read the allopathic medical literature, not only to know what the other fellow is doing and thinking, but also to look for drug provings which cause physical and mental derangements and therefore, according to the Law of Similars, would cure same.

For example, thorazine, which causes a depressive state and signs of Parkinsonism. Another is phenurene, a drug used in epilepsy, but which causes mania in susceptible individuals. Electric shock treatment, in addition to relieving psychotic states by repressing them, also causes symptoms of its own in most people, for example, memory impairment, confusion, and disorientation, and therefore could possibly be used as a potentized remedy for memory impairment and confusion so common among our oldsters.

Curare seems to the speaker to be a very promising curative remedy for myasthenia gravis, a disease of adult life involving the voluntary muscles, particularly of the face, eyes, neck and jaw. Prostigmin is now being used in this condition, which relieves it. These muscles tire easily after a relatively small number of muscular contractions. He would rather use

prostigmin, which increases muscular tone in another neurological entity called myotonia congenita, in which muscles have a delayed relaxation time after contraction, causing inability to move for some seconds. In other words, prostigmin is more homœopathic to myotonia congenita than to myasthenia gravis to which curare is homœopathic.

The homœopathic remedy is a great prophylactic to the unborn baby to prevent such things as mongolism; to prevent viruses affecting the pregnant woman, which in turn cause malformations and congenital anomalies; to prevent Rh factor incompatibility; last, but not least, to prevent endocrine deficiencies in the mother and child.

Recommendations and conclusions: Dr. Meshorer ended his talk with a suggestion and a hope. The suggestion consisted in urging the Boston Homœopathic Layman's League to form a proving society. This would be a lasting contribution by the League toward the Homœopathic Cause. Homœopaths never have enough well-proved drugs.

The hope was that the result of the synergistic action of these two great disciplines, namely, Psychiatry and Homœopathy, on mental illness, the most important medical problem that afflicts mankind, would truly defy the imagination. Once psychiatrists perceive what a powerful weapon is available to them in drugs homœopathically applied, it can be hoped that this observation may become the entering wedge to the ultimate acceptance of our therapeutic art by the dominant school of medicine.

—*The Layman Speaks, Oct., '56*