

grammarians. You evaluate facts and place them in their proper relation of cause & effect ; you are a logician. Your rules admit of precise application, and produce accurate, uniform results ; you are a mathematician. You carve out stories from facts ; you are a realistic novelist. You draw attractive pen-pictures ; you are essentially a painter. You work by imagination, analogy and symbols, that are a source of pleasure to all ; you are a sculptor as well as a poet. You dive deep into the inner-most recesses of the human mind ; you are a psychologist. You write down the past histories of your people ; you are a historian. Over and above the anatomical, physiological aspects of your work, your chief concern is with the Bios or Life ; you are a medical biologist. Your potencies are electro-magnetic energies for the living organism ; you are a bio-physicist. Your work is not in knowledge alone, but in the handicraft of the restoration of the sick organism to its normal pedestal ; you are an artist of life. In the clinical plane, you are so many beings in your single self. Yet, the greatest of tragedies is that you are not aware of what you have been.

May Hahnemann bless you !

SOME THOUGHTS AND THEORIES ON HEALTH, IMMUNITY AND REMEDY ACTION

DR. E. C. LIVINGSTON

In homœopathy one is faced with many fascinating problems, but none so intriguing as the probable mode of action of a remedy. In trying to arrive at some overall satisfactory theory to account for this remedy action, one must first examine and try to reach some conclusions on health and its maintenance in the normal human.

I would postulate that the part played by micro-organisms normally present in the body is vastly underestimated, and that in fact, they serve an essential purpose as links in the extremely intricate chains of chemical reactions which go on all the time in the body.

I postulate further, that in the healthy person equilibrium is maintained by a delicate balance between these organisms present harmlessly in the body and serving their vital functions. To some extent it is recognised that micro-organisms play a part in body metabolism; for instance it is known that the synthesis of vitamin K requires the presence of bacteria in the gut, in much the same way as the septic tank depends for its efficacy on bacterial action. How delicate is indeed this balance, can be assessed by the effects of interfering with it.

Only recently in a report in the National Press, it was said of terramycin, "This drug is used to kill dangerous bacteria in the body, or prevent them from multiplying. An attendant danger to its use is that remaining bacteria might thrive and multiply more than if the drug had not been used."

This is true of most of the antibiotics. One often sees statements confirming this, made by allopathic physicians and these and other statements often help in giving clues to the enquiring homœopath in his struggle to fit together the available pieces of the jig-saw puzzle. This concept of the importance of bacteria in the everyday maintenance of body function is interestingly put forward by a most distinguished biochemist in the B.M.J. of August 25th, 1956. The Professor of Biochemistry in the University of Cambridge, no less, is writing of the trial of the new anti-diabetic drugs which are taken by mouth in the hope that it may be possible thus to dispense with insulin injection therapy. He discusses the possible mode of action of these drugs and how the blood sugar is lowered by them.

It is known that an enzyme called insulinase which destroys insulin, is found in the liver and the new substances are thought to act by inhibiting the action of this enzyme with the result that insulin continues to act and keeps the blood sugar level down. Now the interesting fact is, that these new subs-

tances are sulphonamides, which are known primarily for their anti-bacterial action. I will quote from this authority, "Although there is evidence that bacteria can lurk in normal tissues and might therefore play a part in the economy of the normal animal, such an idea is foreign to modern thought and is usually ignored. Nevertheless is it not possible that the breakdown of insulin in the normal or the diabetic animal or patient, might result in part from the activity of bacteria present in normal tissues? Is it possible that insulinase might be in part at least of bacterial origin?"

Disease Causation : A Suggestion

I have suggested the vastly greater importance of micro-organisms normally present in the body that has hitherto been recognised. I would now suggest as to the causation of disease or rather its mechanism of development, where it is of micro-organismal origin. I would classify such disease processes as either endogenous or exogenous. In both cases primarily due to micro-organisms but in the former case brought about by a change in the environment of the organism; this in its turn brings about a fundamental change in the organism's own metabolism changing them from the useful and innocuous to the damaging and dangerous. In the latter case the body is invaded from without. Again in both cases the damaging factors are at least two-fold. Namely the bacterial toxins produced and the interference with normal enzyme action, the latter with its attendant interference with metabolism and this effect may persist for some time after the acute illness has subsided, and have far reaching effects.

One must now consider how the environment of the endogenous bacteria alters and how a change in this can alter their function.

To take the simplest of examples. Who is not familiar with the onset within a very short period of time of a chill as a result of a wetting, a change of temperature, etc. Clearly in these cases there has been no exogenous infection. The body is sensitive to change of external conditions, even locally and the result is that the environment of the germs present in the body is altered by a change of temperature or the like. The

germs become modified, a matter with which I will deal at a later stage, and they now in their modified state give rise to the signs and symptoms of a chill, a result of the change in their own metabolism.

In the same way various other circumstances can bring about a change in the normally present germs, i.e., fatigue, anxiety, grief. This is usually spoken of as a "lowering of resistance", and I like to think of a change of internal body environment brought about in some cases by the mind itself. The effect of the mind on the body is well recognised, and psychogenic or psychosomatic medicine is a widening field.

The association of peptic ulcer with worry, of hypertension in the tense and harassed, the psychogenic dermatoses and asthma all illustrate the action of the mind on the body. The use of hypnotism to cure physical ailments all have this in common. Even more dramatically is this illustrated in hysterical paralysis of limbs and sight. These conditions are not due to any pathological changes in the organs involved, and in fact are reversible, but are rather the result of purely mental processes. Homœopathy has always well recognised the importance of the mind in all diseases.

I would like now to discuss the actual modification of the harmless and useful organism to the damaging one. Here again one is helped by the work of distinguished authorities. Professor Warburg, a cell physiologist of international renown, in describing cancer cells, states as fact that these are normal cells which have been acted upon by a damaging external influence, of which there are many, in such a way as not to cause their death, but sufficient in degree to damage them and their respiration.

Their respiration is altered and the cell in its endeavour to compensate, changes in its form of respiration and takes on a modified one suitable for a less differentiated cell. There occurs a diminished oxygen respiration and an increased glycolysis. The cell has then undergone an irreversible change. It has become modified by external changes in its environment and its function changes from useful to highly damaging. I propound that much the same happens to the organisms normally present in the tissues. They are subjected to external changes which

modify them, with resultant changes in their structure and metabolism which in turn brings about a change of function.

Natural Defences

One now must consider body defence. The normal body response to bacterial or viral invasion is the formation of antibodies. The offensive invader is the antigen and the body produces the antibodies in response to this. This may be slow to develop and until the individual has built up enough antibody to cope with the invasion, great harm if not death, may supervene. The purpose of most of the new antibiotics is to either destroy the invaders or prevent their multiplication during which time the body is able to mount its resistance. In the aged or debilitated the antibody response may be slow and limited and if something is not done to tide them over the time during which body defences are being mobilised, death may supervene, and here clearly there is some case made out for the use of antibiotics in acute fulminating cases.

If the attack of the invading organism is feeble or sporadic, no clinical signs or symptoms may develop and the individual thus undergoing "sub clinical infection" may build up his antibody defences and develop an immunity to the particular organisms. This is clearly a useful measure and we see how valuable this can be when one considers the devastating effect a mild infection may cause in one unaccustomed to normal sources of infection.

The primitive native unused to contact with "civilisation" responds entirely differently to one brought up in a large city. This is the basis of prophylactic immunisation which does undoubtedly confer protection in certain diseases, i.e., diphtheria, typhoid, tetanus, etc. It is likely that this incidentally, causes other troubles in the body, but nevertheless as far as the particular diseases are concerned immunity is developed. This immunity may be comparatively slow to develop and may be fairly short lived and this not quite as effective a method of eliciting immunity as that conferred by an attack of the disease from which the individual has recovered. Clearly the body is better able to produce its own immunity naturally than when this is done artificially.

Homœopathic Remedy : Mode of Action

This then brings one on to the final matter, that of the mode of action of the homœopathic remedy. This may act as an "artificial" antigen which the body mistakes for a "real" antigen or as I suggest much more likely this does not act as an antigen at all, but as a "messenger", a conveyor of information to the body in an assimilable form providing the fullest possible information. This enables the body to bring about its own defences more quickly, efficiently and safely than in any other way. I consider that the body is far too extraordinary a machine to be lacking efficient means of defence but is probably somewhat lacking in its "information services". To parody a famous phrase, "Give the body the information and it will do the job."

The powers of recovery of the body are immense be the damaging agent infective or otherwise, and this can be more clearly shown with homœopathic remedies than by any other means. Be it anything from a bruise to something as different as angina pectoris, the homœopathic remedy can elicit the appropriate response.

I would propound the theory of the presence in the body of a "defence centre". There are many vital centres in the brain, the respiratory, cardiac, heart regulating, to mention just a few. So such a concept is not entirely unorthodox. I would compare this centre to an electronic brain, a brain within a brain. One has become familiar now with these electronic brains which can carry out the most complex calculations at an incredible speed. The information is fed into it in a form it can assimilate, it assesses and tabulates the information it is given and then acting upon it produces a highly complex response. I consider that the homœopathic remedy is the assimilable data which to the body is as the punch card, etc. is to the electronic brain machines.

I consider that the homœopathic remedy gives the body the information it requires in a form it can understand. That if the information services of the body are not quite as perfect as the defences, then this defect has been corrected by nature in that homœopathic remedies are there if man only chooses to make use of them. The information needs to be accurate in the

extreme if the response is to be successful, and this would account for the fact that there is only one remedy in each case which is the right one. It is not sufficient to be near it, it must be the most exact likeness in every detail to the disease complex.

Should the correct remedy be given, but the stimulation be too great, it is well known that a reaction develops, which is however, always followed by improvement. Here I would consider the centre has been temporarily swamped and that while the defence mechanism is brought into action some of the information spills over and actually causes the condition it not only simulates in disease but causes in health.

Homœopathy and Electro-Physical Energy

We live now in an age of an ever increasing knowledge and use of electronics and the electro-physical. This will inevitably show a true appreciation of homœopathy, which has up till now been empirical, although none the worse for that. It has been demonstrated that the homœopathic remedy is in the nature of an electro-physical energy and this I feel fits into my theory that it acts as a readily understandable and compact form of information for a receiving electronic centre.

It is fascinating to speculate where such a centre might be situated and what part of the body is required for a response to be forthcoming. Do the impulses passing to and from the centre pass along nerves or through the tissues? Do the remedies require actual contact with a mucous membrane, and would any particular mucous membrane be better? How do temperature, humidity and magnetic fields affect their transmission? These are but a few of the questions which come to mind and which research and experiment should be able to elucidate.

I feel that we are on the threshold of a tremendous advance in knowledge of the electro-physical processes of the body. As a result of this I feel sure that homœopathy will be proved to have been a philosophy much in advance of its time. In the meantime it is quite clear that in homœopathy a physician, to put it at its least, has an addition to his armamentarium which no thinking man can afford or dare to ignore.

—*Homœopathy, Oct. 1956.*