

HOMŒOPATHY IN INDUSTRIAL WELFARE

The following reports are on the use of Homœopathic remedies in First Aid work in two factories: Messrs. Russell Harbrough, Ltd., of Redbourn, Herts. (Jam manufacturers) and Messrs. R. H. Filmer, Ltd. of Union Wharf, Wenlock Road, London, N. 1. (Cardboard box manufacturers).

Messrs. RUSSELL HARBROUGH, Ltd.

A review of actual experiences with the use of homœopathic remedies in first aid work at our factory from 1944 to 1949.

During these five years, although we had just as many wasp and bee stings, burns and scalds, cuts and bruises and other minor incidents, the only time lost through accidents (apart from that spent on proper attention to dressings, etc.) was with two Hospital cases. In these, the length of time as out-patient was greatly reduced. One, a *very bad* fracture of the elbow in a man of 66, with the help of a course of *Symphytum 30* he was back at work, discharged from Hospital quite fit exactly four months after the accident, and was informed by the Hospital that he had made a wonderful recovery.

A frequent occurrence in this type of factory is the small burn or scald. This is treated with *Urtica Urens* Mother Tincture, provided the skin is not broken, and a few doses of *Urtica Urens 30*. If the skin is broken one part of the Mother Tincture is diluted with 9 parts of water. Just one or two cases:—

A short time ago a man turned on a steam tap without checking a connecting pipe, this blew off and his hand was covered with 40lbs. pressure of live steam. A piece of bandage was wrapped over the hand and then soaked in *Urtica Urens* Mother Tincture. He was given one dose of *Arnica 200* for shock, followed immediately by three doses of *Urtica Urens 30* in quick succession—10 to 15 minutes intervals. The hand was a little tender for a day.

or so, and the bandage was not removed for a couple of days in order to give protection whilst at work, but it gave no further trouble.

Another instance was a girl, carrying a jug of boiling water to make tea, who slipped and spilt some on her arm. This was covered with one piece of bandage soaked in *Urtica Urens* Mother Tincture, and one dose of *Arnica 200* was given, followed immediately by a dose of *Urtica Urens 30*. Three more doses of *Urtica Urens 30* were given at half-hourly intervals, with the result that there were no blisters and she was able to carry on with her work. When the bandage was removed next morning there was slight redness of the skin, which disappeared during the course of the day. We now use this as a standard treatment for burns.

This was confirmed by an outside observation by the local District Nurse. She had been attending a girl working at another factory in the village who had burnt herself, blistered, and then turned septic. This girl informed Nurse that "Had she worked at the Jam Factory she would not have had all this trouble, as they never get blisters with burns." Nurse asked what we did, was duly enlightened, and is now becoming most interested.

Situated as we are in the country you will imagine wasp and bee stings are quite a common thing. Before we knew of Homœopathy this meant quite a loss of time with the resulting swollen limbs, etc. Now, if a worker is stung we apply *Ledum* Mother Tincture undiluted, and give a dose of *Ledum 200*. This is usually sufficient, and there is no after effect. Occasionally we do get someone who is allergic to these stings, and immediately any sign of swelling shows, a dose of *Apis 3c* disposes of it in a few hours before it has had time to fully develop.

Cuts are quite common, but when bathed with *Calendula*—if bad cuts, we use Undiluted Mother Tincture, if minor, then 10 drops to a cupful of water—they present no problem, as bleeding stops, healing is soon accomplished,

and the worker is able to keep going. A girl in the Packing Department handling some 28lb. tins dropped one on her finger splitting it open at the top on the inside. She was given Arnica 200 for shock and bruising, and Hypericum 200, as the injury was in a tender and painful place, three doses of each in half-hourly alternation. The finger was bathed in water, to which had been added Calendula and Hypericum Mother Tincture, 10 drops of each to a cupful of water, and the dressing was also soaked in this before being applied. This incident happened just before going home in the evening. Next morning she was in to work as usual, reported a good night, and could not understand why the finger did not hurt. The finger was protected by a dressing and finger stall for a week, but healed perfectly with no trouble.

Another instance, also in the Packing and Stores. A girl had some crates of jam fall on her through bad stacking. She had a very badly bruised, grazed and swollen shin, and a lump on the head. This occurred at about 3 p.m. Arnica 200 was given immediately, followed by Ledum 200; 4 doses of Arnica and 3 of Ledum were given. The leg was bathed with a solution of 10 drops of Ledum Mother Tincture to a cupful of water, and by 5-30 p.m. when the girl went home, all signs of discolouration and swelling of the leg had gone, and the lump on the head was half the size. This was completely gone in the morning and there were no after ill effects.

Another girl slipped, and in falling caught her eye on the edge of a chair. One dose of Arnica 200 and 2 doses of Ledum 200 were given, and she was amazed that she had no black eye. We have found Ledum 200 to be infallible in preventing black eyes from falls. In addition, whilst on eyes, when dust or other particle has caused irritation to the eye, we have only needed to bathe once with Euphrasia Mother Tincture, 10 drops to a cupful of water, and this has always put the matter right.

R. H. FILMER, Ltd.

FIRST AID REPORT—to whom it may concern

Homœopathy was first introduced into our factory life by our Directors in 1944, when one of our key men became desperately ill. He had suffered "many things" at the hands of many doctors for 15 years and he felt he was now "finished." His trouble was varicose veins and very badly ulcerated legs, and he definitely was in a very bad way. We told him something of homœopathy and he was invited to see a specialist at the Company's expense. After much persuasion he put himself under our doctor's care who, in collaboration with the Homœopathic Hospital, literally put him on his feet again, and after a surprisingly short time considering the extent of his trouble, he was back on his own very arduous job. This was five years ago and he still marvels at the "miracle" which happened to him.

From then on our Company made it easy for workers with impaired health to contact Homœopathic Specialists—and there are many who bless the day they were introduced to Homœopathy.

Gradually Homœopathic Remedies were used in our First Aid Room. Our personnel numbers approximately 400 men and women, and each day brings its quota of just ordinary ills as well as accidents slight and serious. The careful use of homœopathic remedies with due observance of Red Cross Aid measures has been invaluable in dealing with such, and in almost every case has resulted in quicker alleviation of suffering and discomfort. We carry (to give just a few) Arnica for shock following accidents, and in a lower potency (almost a specific) for tired muscles after extra production effort.

Aconitum, Gelsemium, Bryonia for colds—according to "picture."

Cantharis for Burns.

Mag. Phos. for Neuralgia.

Nux Vomica for Digestive upsets.

Ignatia for distress from emotional upsets and, of course, *Ferrum Phos.* for the tiresome nosebleeds.

From a production point of view success has shown itself in a reduction of lost working hours and in the same connection an increasing disposition on the part of workers to ask First Aid Room for "some of your wonderful pills" instead of the automatic absence for every small ailment. As a confirmed homœopathist I find the increasing confidence in these remedies a cause of rejoicing.

—*Health through Homœopathy, January, 1950.*

A COMPLETED PROVING OF MENTHOL

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I began the proving of menthol in 1918 when I was Director of Constantine Hering Laboratory at the Hahnemann Medical College in Philadelphia. I completed a second proving in 1947 which lasted forty days.

Menthol has been used a great deal by the laity as an inhalent in acute nasal obstruction and as an anodyne in pruritis and various skin eruptions. Menthol, by its proving, is evidently a valuable remedy when used according to the law of similars.

Menthol is a mint camphor, a non-acid menthane alcohol; a crystalline stearopten from oil of peppermint, or of mint oils. It is soluble in alcohol, ether, bisulphide of carbon, oils and acetic acid, and it is very slightly soluble in water. It melts at 110° F. It may be fused or pressed into cones or pencils. Chinese and Japanese oils of peppermint are richer in menthol than the official oil.

I might mention some of the physiological actions which have been deduced from the pharmacological standpoint:—menthol in the frog paralyzes the spinal centers;