

OVERCOMING NERVOUS TENSION

DR. PHYLLIS SPEIGHT

"What is this life if full of care
We have no time to stand and stare?"

Life today is such a hustle and bustle that few people have time to stand and stare. People seem to be always rushing hither and yon, they cannot stop to do this or that and the days are never long enough. Where is this constant bustle getting us?

I remember very well going to live in a coastal village some years ago, and after the tempo of London the pace was much more leisurely. Buses did not run nearly so frequently and then according to time-table; the shop assistants liked to have a few friendly words with each customer and although I tried for some time to quicken things I suddenly realized that I was racing along at top speed and now I must slow down, which was a very good thing.

Perhaps living with the great ocean almost on one's doorstep makes that difference—I always feel very humble when looking at that vast expanse of water with its many moods, and when one can walk along and watch it almost every day I think one's values are apt to change. One can "stand and stare" at the sea and realize how little can be accomplished by rushing through life "seeing" very little and doing less of the things that are really worth-while.

This life of wear and tear, however, causes havoc to many people, sooner or later. Nervous tension is experienced, sleeplessness, nervous exhaustion, headaches and, perhaps, a complete nervous breakdown.

Unhappily it isn't only old people who suffer these troubles today, many youngsters appear to have jaded nerves and they need something to pep them up at frequent intervals, particularly if they have to take an examination or something similar.

What a dreadful picture of so-called twentieth-century

civilization, and what is being done to cope with all this mental and emotional upset? Sedatives, shock treatment and tranquillizers seems to be fashionable.

In my opinion none of these can *cure* and I would like to give a warning about the last named—tranquillizers. These can be as habit-forming as many other tablets on the market today and an Allopathic Physician in a programme on television for young people warned that the constant use of tranquillizers destroyed the liver and kidneys to such an extent that no therapy could repair them.

My advice to young folk is do not, on any account, start taking tranquillizers and to adults I would say don't take them yourselves and do not allow the younger members of your family to take them.

What, then, is the answer? It is, of course, Homœopathy, with its many remedies to choose from, knowing as we do the effect each one will have on the mental and emotional side of man, just as we know what each will do for the physical body.

Let us consider a very few of the deep-acting remedies.

Gold—Aurum metallicum—is an interesting remedy. It has a state of hopelessness; the patient seeks solitude, feels dejected and full of grief and that he has lost affection of all his friends. He is melancholy—thinks he is not fit for this world and would welcome death; nothing seems worthwhile.

Patients needing *Calcarea carbonica* are weary people, they get out of breath going up an incline or stairs. They feel the cold and are full of fears. *Fear* runs all through these people—fear that something may happen to them, or to somebody else; fear that they may lose their reason and somebody may notice it; fear of death and so on. They brood over little things that have absolutely no importance. They have great anxiety, restlessness and palpitation.

Now let us consider *Gelsemium*. This is sometimes called the "grief" remedy as it soothes those who have lost loved ones, or hear bad news. Trembling is a keynote, both external and internal. The patient feels tired out both mentally and physically, the mind becomes sluggish and there is incapacity to think or fix the attention; the limbs are so tired and heavy

that it is difficult to move them. Anticipation with trembling is another characteristic of this remedy.

The patient feels so very tired and weary ; is easily fatigued, is very depressed, often has a sad mood without cause. Is aggravated by consolation and fuss and bottles up his troubles. Very rarely cries and when he does it is in private.

And next we must look at *Phosphorus*. Dr. Kent calls this one of the hypersensitive remedies. The fears are many in the patient needing this remedy, fears something will happen, fear of thunder, fear in the twilight, fear of death and fear in the evening. He has attacks of indigestion from fear. He has a fear that strange faces are looking at him from the corner and he is full of strange imaginations. As in *Sepia* there is an apathy, indifference to friends and surroundings, even to his family. He is worse from mental exertion, from noise, worse in the dark and worse alone. There is great fatigue and unwillingness to talk.

And lastly *Sepia*, which is thought of chiefly as a woman's remedy. Often the patient needing this is a family woman doing all the chores until she is so tired that she *must* sit down—her back aches terribly and she feels as though her inside is falling out. Her family worries her and she would like to run away from them all. Like *Phosphorus* there is an indifference to loved ones. She is nervous and jumpy and she wants to scream. She prefers to be alone and would like to creep away and lie down in the dark alone. Irritability and indifference are clearly marked in this remedy.

We could go on, of course, as there are dozens more remedies that have symptoms to cover mental tiredness but these are the chief remedies and they must suffice to illustrate that Homœopathy can CURE mental and emotional states by the law of similars because all the symptoms mentioned above have been brought out in provers (they are healthy persons taking the remedies to observe their effects) of these remedies and we, therefore, *know* that they will CURE sick people who are exhibiting similar symptoms.

I must stress, however, that for mental breakdowns or any illness in the mental field it is wise for the sufferer to consult

an experienced Homœopath because the whole picture or totality of the symptoms must be taken into consideration.

But one thing I can promise, cure is in sight for more people who are mentally and emotionally ill when the laws of Homœopathy are put into operation than with any other therapy.

—*Health & You, Feb., 58*

SECALE CORNUTUM

DR. I. L. MOYER, M.D., COLUMBIA

This fungus growth attacking rye is also known as ergot and has long been used by the regular school because of its action on non-striated muscle fibres, in appreciable doses, through the vasomotor nerves.

The symptomatology is expressed through the nervous system, the circulatory system and organs having non-striated muscles.

Let us consider the nervous symptoms. Convulsions are prominent in poisoning by ergot, but can be prevented by care in handling rye. Characteristically the convulsion shows rigidity, alternating with relaxation, particularly in the fingers. The hands are clinched, or the fingers spread wide apart. Muscular twitching begins in the face and spreads over the body. The abdomen is drawn in by contraction of the abdominal muscles; retention of urine from contraction of the neck of the bladder; retching, not much vomiting, stomach violently contracted.

In the blood vessels, due to its action on involuntary muscle fibres, *Secale* causes dilatation (e.g., blueness of fingers) as well as contraction. The latter action is more marked. The skin is wrinkled, dry; after a while gangrene of the toes of