

THEAPEUTIC HINTS FOR BEGINNERS

(From the Children's Ward of the Royal London
Homœopathic Hospital)

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Potencies are merely suggestive

1. For the excessively obstinate child *Tub. bov.* 30 or 200 is most often indicated.
2. A craving for affection in children very often indicates *Pulsatilla*, *Phosphorus* and *Calc. phos.* *Pulsatilla* accepts affection, *Phosphorus* accepts and returns it. *Calc. phos.* is much less often required.
3. For the child who never looks clean or who is deliberately dirty in his habits, *Sulphur* 200 is nearly always the remedy.
4. For mental tension not always apparent on admission but realized after a period of observation, *Dysentery co.* 200 is the most likely remedy.
5. For pre-operative anticipation *Phos.* 200 can be given in conjunction with *Arnica* or other pre-operative medication.
6. For homesickness think of *Capsicum* 200 first, but there are many other remedies.
7. For post-operative vomiting induced by and only occurring after eating, *Ferrum metallicum* 30 is nearly always the remedy.
8. For the child who makes a pretence of weeping, but without tears, *Staphisagria* 30 or 200 is almost certainly the remedy.
9. When a "blanket of chemotherapy" is apparently indicated, try *Pyrogen* 200, a few doses pre- and post-operatively, and reserve chemotherapy to be used later if really required, unless there is overwhelming infection.
10. For otitis media, *Hepar sulph.* 200 should be given in the absence of clear-cut indications for another remedy.

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CASES

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Case 1.—Mrs. R., middle-aged, just returned from several week's holiday in Mexico, when she reported as follows: Digestive disturbance started four to five days before returning home. She had a stuffed feeling at first, followed by diarrhea in the early morning hours, with two or three passages of watery and bulky stools. There was much abdominal cramping before and during stool, but relieved by it, and always followed by nausea. A grabbing sensation of the abdomen is characteristic, and stools ever since have had a decayed odor. This had appeared shortly prior to the first diarrhœa. There was no desire for food, she was not very thirsty, though her mouth was very dry. We gave her *Jalapa* and sent her to the laboratory for faecal analysis. Bacteriological report: 92% gram-negative organisms, 8% gram-positive; protozoa, — moderate trophozoites of *Endamoeba histolytica*. The patient phoned in three days, much improved, had slept all night, no BM's until that morning.

We overlooked mentioning that the husband was complaining, finding it difficult to understand how the patient could be getting along so well during the daytime and yet be so miserable and disturbed all night.

During the following two weeks, the patient reported semi-solid stools, with no bad odor, but instead a dull headache. At the end of two weeks she was doing very well, except for a marked depression and tearfulness. Shortly thereafter she reported feeling just fine. A second stool examination ten days after the first proved to be negative for the amoeba.

Case 2.—Mr. O., 49 years of age. He had been told he suffered from colitis, characterized by numerous watery stools and much gas. Bleeding with stools began a year before, even after hemorrhoidectomy. At times he bled so much that he would become very weak, for which doctors had given him shots. He followed a restricted diet, with no pork, raw vege-

tables or fruits. As a boy he had intestinal trouble with diarrhoea. Attacks have lasted as long as 5 to 10 years. He had a thyroidectomy in 1934. He has been very nervous, noises making him jump. If the rectum fills with watery stool and gas, he must hasten to evacuate. If he must hold it, the gas is forced upward and only stool passes. He stated that he was getting up as often as 5 to 6 times a night, but claimed he rested even though he did not sleep. He was taking paregoric every night in an attempt to control this evacuation schedule. He suffered from constant cough, sinus trouble and much greenish sputum until he came to California. This patient was given *Phosphorus*, under which he began to gain weight and make some improvement, followed by *Phos. Acid* which brought further improvement. Finally, the patient was given *Jalapa* with marked improvement. There were fewer stools and practically no more spasms. He gained 10 additional pounds in weight. He finally reached the point of no stool for five or six days and when passed, he described them as "nice stools." In the meantime he came down with an influenza cough, was given a few doses of *Spongia* and had now gained over 15 pounds. The patient then returned to *Jalapa* and that was the last time we saw him.

Case 3.—For variety we offer you Mrs. E. who, together with her little family, lives in the Near East, one of the desert countries, a spot where a temperature of 130° is quite common, who is under constitutional treatment for a nervous and emotional disorder. Last December she wrote about a siege of diarrhoea that the entire family had had during the previous month, about Thanks giving time. Many adults and children were hospitalized because they had this diarrhoea so badly, and the medical staff has yet not figured out what caused it. In desperation this patient bought an English preparation, containing pectin and a bit of a sulfa compound, which she obtained in the native town. The diarrhoea cleared up and then reappeared a week or so after the holiday. This time she let it run its course and it finally disappeared under a bland diet, but a severe nausea remained, which was particularly troublesome when she was preparing food. In the meantime we had

mailed her this remedy which provoked the following reply, "Thank you for the diarrhœa powders. I got a touch of it again, took one and got immediate relief, and I was ever so glad to give a powder to my friend for her little boy, who was having a frightful case, and he was relieved immediately."

If these recitals have served to stimulate your interest in this very useful remedy, your time and mine today will have served us all well in our homœopathic dedication to treat our patients homœopathically, which means curatively, to the best of our ability.

—*The Layman Speaks, Oct., '57*

THERAPEUTIC HINTS FOR BEGINNERS

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11. Nine out of ten cases of infective hepatitis in children need *Phosphorus*.
12. *Senna 6* given half-hourly to two-hourly for a few doses has a specific effect on ketosis associated with febrile disturbance in children, and can be given as a pathological remedy as well as the individual prescription.

—*The British Homœopathic Journal, Jan., '58*
