

## IS THE PATIENT CURED BY THE HOMŒOPATHIC REMEDY ALONE?

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What is the part of the remedy in the "cure of the patient"? That is a question that has been on my mind throughout all the thirty-five years of my practice. I was led to believe in my early years that the right remedy—the similimum—was practically all that was needed in the right dose at the right time... and in a few instances my enthusiasm was prompt to agree. But experience soon made me realize that this is not so.

Amongst the hundreds, the thousands of patients that have come to us in our practice, how many have we really cured? Dr. J. Stephenson has been investigating this question systematically with the latest methods of statistics for sometime. He should be commended and encouraged in his efforts. It is rather a thorny and involved task for which a standard of cure has to be established and agreed upon. Is CURE merely the disappearance of all symptoms? This seems to be the consensus of opinions. But to me it is only the negative side of the answer. The positive side of it is HEALTH. Disease could be broadly defined as "the absence of health." Hahnemann in the paragraph 1 of the *Organon* states rightly, "The physician's high and only mission is to restore the sick to health..." and in paragraph 4, "He is likewise a preserver of health if he knows the things that derange health and cause disease and how to remove them..." The latest dictionaries give the definition of health as "freedom from or absence of disease; the state of well-being." This positive or negative viewpoint could be exemplified thus; an optimist will say, "This bottle is half full"; while the pessimist finds the same bottle half empty... that is quite a difference!

Physicians have obstinately studied diseases in all their aspects for centuries. They search for the Cause. They have found innumerable causes; themselves the results of former causes. With the discovery of the microscope, Pasteur demonstrated bacteria to be the cause of most diseases and the majority of the

profession even today still believe that. Then rickettsia and viruses were detected with the ultra-microscope. Still this theory is not the real answer. Insidiously, psychiatry and psychosomatic medicine are proving that many diseases may be caused by perturbations of the mind and/or the emotions, these imponderable and invisible factors are becoming more and more evident and important in the etiology and course of sicknesses. This recent confirmation of Hahnemann's ideas developed by J. T. Kent in his *Homœopathic Philosophy* is another anonymous tribute to these great men.

A glance over modern medical literature, without even including that of the past centuries, impresses the investigator with its staggering accumulation of facts and theories concerning diseases; but how much attention is really given to the most important thing: HEALTH?

After all is said and done, it appears to me that the main cause of disease is basically IGNORANCE. Ignorance of the Laws of Nature. Modern investigations have gained a great deal of knowledge of the laws of physics, chemistry, biology, physiology etc., but what do we know of the laws of the SOUL and the MIND except those enunciated in the Holy Scriptures, the Golden Rule, the Bible? Even the expressions of these spiritual laws have been distorted. Consider, for example, the concept of ATONEMENT: Christ died on the Cross for our sins. From this poisonous concept originated the justification of the common belief "of getting something for nothing," whether it be the gambler taking advantage of the greedy ignorant or the patient expecting the remedy to cure him without reforming from his sins of commission or omission.

There is a particularly obvious and ineluctable law of Nature: The Law of Cause and Effect, of Action and Reaction: When you plant a carrot, you reap carrots and not thistles. That is the law by which man becomes the arbiter of his own destiny: what he sows he reaps; correct knowledge leads to correct action. "By their fruits ye shall know them" is another expression of this truth. Each one has to find out for himself how to behave, to eat, to exercise and to rest; in other words, to know one's self is essential.

Health is a dynamic equilibrium involving the whole human being; mind, soul and body within the bounds of the Laws of Nature. It is a state or condition that needs to be cultivated carefully and earnestly, just as a good gardener has to tend his garden if he expects to reap flowers and fruits for his efforts. Break Nature's laws knowingly or unknowingly and the balance is upset, and sooner or later disease develops.

Besides, is anyone born with perfect health? We come in this world with a load of racial and family hereditary diseases and dispositions that make up our constitutional and temperamental peculiarities. It behoves each individual to discover these factors and tendencies with the help of the family physician and to work out a program that will offset and minimize these afflictions and build up a positive balance of health. It seems that Health is one of the purposes of Life which has to be learned and to be earned by our relentless efforts, awareness, understanding, attitudes, habits and discipline.

We are very proud, indeed, of our 20th century civilization; we boast the progress of medicine and the lengthened span of life of man that has been doubled in the last 125 years... and yet we haven't enough doctors, nurses, hospital beds and teaching centers to cope with the ever-growing number of the mentally and physically sick. The expansion of the drug industry in this country and abroad is one of the marvels of the century. Acute diseases have been spectacularly conquered with the miracle drugs... but the chronic degenerative diseases have increased in geometrical proportion with the disappearance of the acute ones. Something must be wrong somewhere.

*Conclusion*—To go back to the question opening this paper: Is the patient cured by the homœopathic remedy alone? The answer is no. Man should know himself, learn and observe the laws of Nature in order to keep his health. The homœopathic remedy is of great help to restore the balance more quickly when needed, provided the proper mode of life, correct exercise and nutrition are established and maintained.

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