

## ONE OF MY CASES

DR. NOEL PUDDPHATT

On June 3rd 1958, a widow aged 60, stockily built, was very flaxen haired when young, under five feet, nearly ten stone, wrote to me and said:—

“Three years ago I started having bad styes on my eyes. The doctor called them abscesses caused through worry and strain through nursing my husband for six years, when he died. For many years I have also had pains in my joints, very acute at times especially before rain. The knees and elbows are the worst offenders. Also I do not digest my food very well and get heart-burn and cannot take fatty or fried foods. Had migraine all my life, but this is better now.”

As a child she had measles, chicken-pox, mumps.

When twenty-three she had jaundice.

As to herself:—States, I never feel so well in the mornings; I dislike any extremes of heat and cold; cold makes me ache, and heat makes me feel ill. Sun I love but can't sit in its direct rays; dislike winds of any kind, or warm and stuffy rooms; can't abide draughts; get headaches before a storm; I prefer to have a light in the dark.

I like plenty of movement, and do not like to rest. I have been vaccinated twice, and shall have to be again, as I am going to Canada later on. I have also had penicillin injections—as much as I can take for the bad eyes.

I like to be in the fresh air, but cannot sit for long as I get stiff.

I like sweets and salty things, but dislike sour, rich or greasy foods. Fried foods make me feel sick, and cream can have the same effect. . . Food does not worry me, and I could go without a meal if I had to. I am not a thirsty person.

I do not like to be by the sea as I get very stiff. I like to be on high ground, and I do not like to look down from a high building, as it makes me feel queer at the pit of my tummy.

I avoid crowds like the plague, and do not like narrow streets with high buildings. I am rather shy at a party.

I have had erysipelas, boils and a carbuncle on my head.

Have now a wart on my finger. Small eruptions on my face sometimes. I grind my teeth and snore. I do dream, but I prefer to say that I travel in dream states. Worry and anxiety make me restless. If I have to cry, I like to creep away and only like those around me that I love. I fear illness, and I am impatient, and irritable at times. Very rarely cry. Somewhat obstinate and restless. I am absent minded, and sometimes forgetful.

I took the following symptoms on which to base my prescription.

Very rarely cries, if she does she likes to creep away; worse seaside; impatient; irritable; restless; absent minded; vertigo heights; worse heat and cold; worse mornings; worse draughts; worse warm room; worse sun; likes sweets and salty things; worse rich and fats; fears a crowd.

June 4th 1958. Sent Natrum Mur M one dose and sac lac.

July 18th 1958. I received a letter in which she stated: "I am feeling very much better, and have had no more styes. I do get very swollen ankles, especially in hot weather. I don't think I mentioned this in my report to you. I am so anxious to continue with your treatment, as I know that I shall soon be quite fit and well again."

July 19th 1958. Sent Sac Lac.

August 11th 1958. Her letter of August 10th says: "I am writing to tell you that I am going to Canada to leave on August 26th. Can you possibly let me have two months treatment, as I am so anxious to keep on with your treatment for a long time, as I am so much better. Also will you let me have something to take to prevent sea sickness in case we have a rough crossing. I must repeat, I am very much better indeed and I want to keep that way. I have had a small boil in the nostril and another one coming the other side, but the eyes are clear thank goodness."

August 12th 1958. Sent Sac Lac for two months, and Cocculus 200 for sea sickness just in case.

January 1959. Have heard no further so presume all is well, and knowing Natrum Mur I have a feeling she will remain well.

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