

MAGNESIA MURIATICA

RICHARD HUGHES MEMORIAL LECTURE, 1960

DR. T. FERGUS STEWART, T.D., M.B., CH.B., F.R.F.P.S.G., F.F.HOM.

MR. PRESIDENT, LADIES AND GENTLEMEN,

I appreciate the honour of being asked to give this Richard Hughes Memorial Lecture. I have again read Dr. Douglas Ross's learned discourse given three years ago. It made me appreciate the tremendous amount of scholastic work that Richard Hughes managed to carry out in his lifetime and, in addition to his numerous publications, the immense care he took in attempting to verify, from the original source, every single quotation in the ten volumes of Allen's *Encyclopedia*. When I consider the vastness of his labours I feel very humble and quite unworthy to address such a distinguished, cultured, and learned audience in this lecture bearing his name.

When invited to give this lecture, it was fortunate that I was informed that it was unnecessary to say much about Richard Hughes, because it would be difficult to add to Dr. Ross's carefully prepared paper about that great physician's life and work.

In spring, when I was searching for the topic of this address, Dr. Lithgow Wilson mentioned that he thought that there was a new breath of life in the BRITISH HOMEOPATHIC JOURNAL, which he attributed to Dr. Twentyman's editorship. I admitted that I found the editorials extremely elevating, although I confessed that I could not always comprehend them, even with the assistance of *Chambers's Encyclopedia* and a good dictionary. We then agreed that we felt honoured to be associated with these brilliant brains from London. You will appreciate that this did not in any way alleviate my apprehension at the thought of giving a paper at this centre of learning and I mentioned that I had not succeeded in thinking of anything original to say. Dr. Wilson answered by stating that after practising Homeopathy for thirty years he found most articles just a repetition of the same old things.

Now thoroughly discouraged, I was foolish enough to ask if I had not succeeded in producing something new in a paper I had given recently. He did not reply, but embarked on a story about a time when he was reading some abstruse philosophical article and phoned Dr. Tom Robertson to ask him if he understood what it meant. Dr. Robertson replied: "Yes". Dr. Wilson, seeking further enlightenment, then said: "Well, what does it mean?" The response was: "A lot of bloody rot." After hearing that story, I considered it would be more discreet to refrain from pressing for his opinion on my recent effort, so I hurriedly changed the subject.

Up till that conversation I had been considering discussing the Mag-

nesia salts, but now I wondered if it might not just be a "repetition of the same old things". On looking back in the BRITISH HOMŒOPATHIC JOURNALS, I found that the late Dr. Neil MacKillop had discussed the Magnesia salts in 1941. Deliberating on the reason I had contemplated these salts, I realized that it was because *Mag. mur.* appeared to have many peculiar little symptoms which were often covered by only a few remedies in the repertory,¹ and, since it came through the repertory so well, it might be worth while considering as a useful remedy which was neglected.

Kent² wrote that it was strange that two remedies to which Hahnemann gave such a good start by proving and use should be so neglected and forgotten as *Magnesia carb.* and *Magnesia mur.* have been. They could cure many liver troubles and many conditions of nervous, excitable women. That statement gives the clue to the main organs affected by *Magnesia mur.*, namely the liver, nerves, and the pelvic organs.

Before describing patients treated with *Magnesia mur.*, I should like to discuss *Magnesia sulph.*, and mention a few aspects of the more commonly used remedies *Magnesia phos.* and *carb.*

Magnesia sulphurica

When one considers the purgative action of Epsom salt, it is not surprising that *Magnesia sulph.* should be considered useful for the treatment of dysentery where there is great thirst, weakness due to dehydration, and considerable rumbling before the diarrhœa. However, it is not a very popular remedy with homœopaths, and it is not even mentioned in many of the common text-books, although there are eleven pages about it in Allen's *Encyclopedia*.³

Clarke⁴ says it has symptoms common to other Magnesia salts, tearfulness, restless uneasiness, pains in the facial bones, sensitive to touch, and amelioration by walking. He says that its diuretic action with great thirst has led to its use in diabetes.

One was taught that magnesium sulphate was not absorbed, and acted by its hygroscopic action; but actually, when given by mouth, it may be slowly absorbed, although it is rapidly excreted by the kidney unless renal function is impaired.⁵ Magnesium poisoning produces central depression which may be mistaken for uræmia; perhaps this may have happened in the days when it was used to reduce the œdema of nephritis.

Clarke⁴ mentions eight cases of epithelioma-like growth apparently cured by teaspoonful doses of 3 per cent solution, and warts in many children cured by giving as much as would lie on a sixpence three times a day. Apparently one boy whose face was disfigured by warts was cured by this method. This suggests that it might be of some use for those people who have masses of small warts on their neck if *Nitric acid*, *Silica* or *Thuja*⁶ do not produce the desired effect.

At the time when this part of the paper was being written, an elderly

diabetic said that her urine was green (she meant that her urine test showed the presence of sugar). She also complained of having the "grews", which she demonstrated by "shouggling" her shoulders. She had marked thirst, frequency with copious quantities of urine, as well as itching. After *Magnesia sulph.* 3x for a few days, her urine was clear and she was feeling fine, but the itch was not much improved. *Magnesia sulph.* 30/6 night and morning produced further improvement. This patient would have recovered without the *Magnesia sulph.*, because her diabetes was usually controlled by careful diet and vitamin B complex, but it was interesting that *Magnesia sulph.* has all the symptoms mentioned, including the shuddering and shivering.

Magnesia phosphorica

This remedy appeared to have no effect on a patient with endometritis. It is mentioned to stimulate discussion. The story is that of a pleasant *Phosphorus* type lady of 44 who had just moved into a town house which was bigger than her happy country home, but was able to accommodate her hemiplegic mother who required constant attention and was not very appreciative. The patient was unable to obtain adequate domestic help, and was tired and worried because she was having severe premenstrual pains in her breasts, excessive bleeding with her periods, and intense intermenstrual uterine pain. This pain was alleviated a little by warmth, lying or sitting down, bending double or pressing into her abdomen, but aggravated by straightening out. On vaginal examination there was soft tender swelling about the size of a plum behind her uterus.

Colocynth 30 and *Magnesia phos.* 30 had no effect on her pain, and at operation she was found to have endometriosis of her left ovary with dense adhesions to the uterus and bowel with invasion of the recto-vaginal septum and early signs of endometriosis of the right ovary.

Perhaps she should have been given CM potency as recommended by Tyler,⁷ or 55M as recommended by Nash.⁸ In the discussion which follows it would be interesting to hear Dr. Blackie's and other high potency experts' opinion on the effectiveness of such high potencies where there are such gross pathological conditions.

It has been suggested that *Magnesia phos.* would not be expected to affect such severe pathological states, but Dr. Mabel Ainslie has drawn attention to Clarke's statement⁹ concerning a case of cancer of the stomach where there was intolerable pain, vomiting, and hiccough, and after *Arsenic* had failed *Mag. phos.* made the patient comfortable for six months.

Magnesia carbonica

This conjures up the picture of babies or children with diarrhoea; one easily remembers the graphic description of "Stools green and frothy, like scum on a frog pond". But, are white frothy stools not a more common indication for this remedy? Dr. Hector MacNeill, the superintendent of Glasgow

Homœopathic Sick Children's Hospital, thinks so, and perhaps Dr. Foubister, with his long experience of pediatrics, could give his opinion on this.

Borland mentions "peculiarly white stools" for both *China* and *Magnesium carb.* which he considered the most common remedies for diarrhœa in children.¹⁰

Now, although one tends to think of *Magnesia carb.* as a remedy for diarrhœa, I would like to mention a case of constipation which responded to that remedy.

This patient was a pleasant, active, animated clever woman in her sixties who, although she had acted and sung in public, was nevertheless a dependent personality, dependent on her younger sister and later on her rather delicate husband. She had always kept her house immaculate and looked after her husband with great devotion. Five months previously, her husband had had a slight cold, taken just two or three aspirins, had a hæmatemesis, and in spite of admission to hospital had had a second and fatal hæmorrhage.

Since then, his widow had lost all interest in life, felt unable to live alone, and would not let her sister out of her sight. Yet she did not want to meet people. She had had numerous remedies, but the first remedy which obviously helped her was *Hyoscyamus*. Now, the main physical symptom was constipation which had troubled her constantly since her bereavement. On looking up Boericke's *Pocket Manual*,¹¹ under constipation from mental shock or nervous strain there is one remedy only, and that is *Mag. carb.* She was given *Magnesia carb.* 30/7, one powder each night. A week later she reported that her bowels were now opening regularly, and after a fortnight they were still functioning normally and, in addition, she was sleeping better without sedatives which she maintained she had to take previously.

Weakness was one of the outstanding symptoms of this patient earlier in her illness, and perhaps she would have benefited from *Mag. carb.* if it had been given earlier. This seems not unreasonable when one considers that Clarke¹² states that *Magnesia carb.* is useful "in women worn out with a state of nervousness due to too many cares and worries of life", and later, "*Mag. c.* is to the exhausted nerves what *China* is to exhaustion from loss of fluids".

When reading up *Mag. carb.*, I noticed that there is almost a whole page on its effect on ears in Clarke's *Dictionary*; this includes inflammation, great sensitiveness to noise, and deafness. Hearing many different kinds of noise—whizzing, buzzing, tinkling, rumbling, roaring like steam.

Nervous deafness in dark haired women caused by worry. Cooper suggested that *Mag. carb.* "May be for deafness of middle and old age what *Calc.* is for the deafness of childhood". He also mentions deafness on taking a cold. Deafness suddenly worse after a fright. Deafness, hearing goes in an omnibus—can hear in a church until an organ plays. Kent gives it as the only remedy for hearing impaired after a fright. There are nine

remedies for impaired hearing after a cold: *ars.*, *bell.*, *Elaps*, *lach.*, *Led.*, *mag.-c.*, *merc.*, *PULS.*, *sil.*

I would think that deafness in an omnibus is rather unusual, most deaf people hear better when there is a vibration. Kent mentions under HEARING, IMPAIRED, riding in a carriage *Acet*: *Graph.*, *NIT-A*, *puls.*, but does not mention aggravations from riding in a carriage. My mother was deaf and I always remember when driving our car I thought it had a list to port, i.e. her side, and I said in a low voice to my sister in the front: "Is mother heavier than me?" There was an indignant reply from the back seat: "NO, SHE'S NOT!" I'm quite sure she never could have heard that remark if it had not been for the vibration of the car.

Magnesia muriatica

The main purpose of this paper is to discuss *Magnesia mur.* by recounting the histories of a few patients who were treated by it, and the indications on which it is prescribed. The order in which the patients are considered depends upon the main symptom on which the remedy was selected, and will attempt to follow the order of the symptoms in Kent's *Repertory*.¹

Anxiety, excitability, indisposition to talk, and weepiness are mental symptoms of *Magnesia mur.*¹³ and were present in some of the patients, but these were not the symptoms on which the remedy was primarily prescribed, although they helped to confirm the choice.

1. Two patients had bursting headache for which they held their hands to their heads. The first was a small, wizened, pale woman of 78, who according to the nursing staff was always complaining, weeping, and peevish, did not talk to the other patients, and only seemed happier on the one day when her small ward was nearly empty. She was very worried about a bursting headache which she had had for three months since being treated for anæmia in another hospital. She appeared to be upset by iron, but the real point of interest was that every time we went round the ward she was holding her head with both hands. In Kent,¹⁴ there are four remedies for abuse of iron: *ars.*, *Puls.*, *Sulph.*, and *Zinc.*; but this seemed less important than her marked symptom of bursting headache for which she had to press her head with her hands. There are three remedies for this: *carb-an.*, *Glon.*, and *Mag-M.*¹⁵

She was given three powders of *Magnesia mur.* 30 at four hour intervals and the next day she reported that the headache had gone for the first time in the last three months.

2. The second patient was quite a contrast because she was in her forties, a great fat specimen of 14 stone, also a nervous, excitable, emotional, but highly intelligent and capable woman, who nevertheless was liable to be extremely peevish at times, and had previously responded well to *Natrum mur.* She located the bursting pain in her forehead and she also had morning nausea. You will recollect that the three remedies for bursting headache

for which the patient must press the head with the hands were: *carbo-animalis*, *Glonoin*, and *Mag-M.*; of these the last two are present in italics among some 50 remedies for bursting headache in the frontal region,¹⁵ and only *Magnesia mur.* is present among some 100 remedies for morning nausea.¹⁶ This patient was given *Magnesia mur.* 6 thrice daily and when next seen ten days later reported that she had been promptly helped.

3. *Magnesia mur.* was selected for the next three cases mainly on account of their symptom of nasal obstruction. The first patient was a rather hurried, hard working, conscientious and somewhat irritable type aged about 50, whose constitutional remedy was perhaps *Lycopodium*. He was complaining of headache relieved by walking in the open air, thick yellow nasal discharge, especially in the mornings, and nasal obstruction at nights. He was also very sensitive to cold air, and tended to take colds rather easily. He had a coated tongue with clean tip and edges, and also an imprint of his teeth on it. Nash¹⁷ mentions that *Magnesia mur.* is a liver remedy which resembles *Mercurius* in having a tongue which takes the imprint of teeth and the aggravation from lying on the right side. An interesting point about this patient was that he considered that this trouble had started after he had taken a little alcohol at a party, he thought that this upset his liver and he noticed that he often developed a cold after a little indulgence. This may have been true because, although his blood had never been examined, other members of his family suffered from familial hyperbilirubinemia.

All the symptoms of this patient can be found under *Magnesia mur.* in Clarke.¹⁸ After taking three powders of the 30th potency he reported that he had felt much brighter the next day.

4. The next patient was an attractive blonde lassie of 19 years. She had previously been a little fat, but had just lost her puppy fat and had grown into an animated young lady. She had a feverish cold, followed by a right frontal sinusitis, there was tenderness over her sinus, she had yellow nasal discharge, loss of sense of taste and smell, raw throat in the evening, marked thirst and poor appetite, and was feeling extremely weak. All these symptoms can be found in the materia medica of *Magnesia muriatica*.¹⁸ She was given *Mag. mur.* 30/6 and 18 days later she reported that her nose cleared in a few days, but she was still having some thick yellow discharge in the morning, worse in a stuffy atmosphere and better in the fresh air. She was then given *Mag. mur.* 6, two pills night and morning.

5. It is rather unusual for a 6 year old to complain of headache, but this next case was a fair, plump, and usually very active piece of mischief, who was quite unlike his usual self. He was girny, and felt sick *all* the time. He complained of soreness here, pointing to his forehead, he had an earthy pallor, stuffed nose with thick yellow discharge. All these symptoms can be found under *Mag. mur.*, so he was given *Mag. mur.* 6, two pills night and morning, with prompt improvement.

6. Now we come to three young ladies who were embarrassed by

pimpley faces before their periods. A well nourished Jewess of 23, who also had some œdema of her legs. In Kent¹⁹ there is only one remedy for pimples on the face before periods and that remedy is *Magnesia mur.* in italics; it is also found in italics under dropsical legs, a rubric containing some 60 other medicines.

This patient was given *Magnesia mur.* 6 thrice daily with benefit. I presume this must have been very successful, because she asked me to her wedding!

7. A ginger haired lady of 30, who had rather a greasy complexion, mentioned that, as well as having pimples on her face before her periods, she passed small stools like sheep dung. *Magnesia mur.* is, as stated previously, the only remedy in the *Repertory* for pimpley face before periods, but that medicine is also in capitals for stools like sheep dung and for small stools.²⁰

After being given *Magnesia mur.* 6, she reported that her pimples were very much worse, but then her period was just due, so unfortunately the medicine had produced an aggravation.

8. A married lady of 26, who had previously responded well to *Phosphorus*, was now complaining of pimples on her face worse in a warm room and worse before her menses. Again there is only one remedy for pimples on the face worse in a warm room—*Magnesia mur.* in italics.¹⁹ She was given *Magnesia mur.* 6 thrice daily.

9. This patient was a well nourished farmer's wife of 31, a pleasant but rather nervous *Pulsatilla* type with fairish hair. She was three months pregnant in her first pregnancy, and was having very severe morning sickness which had not responded to taking plenty of glucose. She had been having constant nausea, worse in the morning, especially after rising, she was now vomiting frequently but especially in the morning, and had uterine pain extending down the front of her thighs. Finally, she said she felt very much better when she was in the open air.

Natrum mur. covers all these symptoms in the same intensity as *Mag. mur.*, but amelioration in the open air is in capitals for *Mag mur.* and in italics for *Natrum mur.*²¹ Incidentally, another little symptom was that if she was feeling weary she always felt better as soon as her periods appeared. There are only two remedies for weakness ameliorated by the appearance of the menses: *Cyclamen* and *Mag-m.*

After taking *Magnesia mur.* 6 four times a day, the patient reported that she had prompt improvement in her nausea and vomiting, and also in her skin condition which she had not mentioned previously.

10. This next patient was a dark, big, fat, flabby fellow, aged 27, and weighing 14 stone. His ruddy face and striæ on his abdomen suggested Cushing's syndrome, but on investigation this was not confirmed. He had just had a left cervical, caseous, tuberculous gland removed and the scar was taking rather long to heal; so it looked as if he were going to develop a

sinus. The reason for selection of *Mag. mur.* was that for some weeks he had complained of pain in the right hypochondrium extending to the back. Under this rubric,²² there are ten remedies, with *CHEL*, *LYC*, and *MAG-M* in capitals. The pain subsided after he was given *Mag. mur.* 4, t.i.d.

One tends to think of *Mag. mur.* for liver pain relieved by lying on the back like *Nat. sulph.*, but worse lying on either side, with soreness if lying on the right, and a dragging sensation if lying on the left side. The pain being aggravated by walking, and extending to the back.¹⁸

11. This patient was a 6 foot 3 inches, handsome, blond, first-class tennis player and golfer, and 25. As a boy he had taken every illness from his older brother. He frequently had upper respiratory tract infections during the whole of his childhood and adolescence, and since the age of 18 had suffered from most troublesome headaches associated with sinusitis and profuse nasal catarrh.

In 1956, after an influenza-like illness, he seemed to take a long time to recuperate, and was found to have a sub-clinical jaundice with a positive direct Van den Bergh reading of 1.9 mg./100 ml. (normal 0.1-0.8), and other liver function tests indicating liver damage. Six weeks later his liver function tests were normal.

Ever since that illness three years previously, this unfortunate young man had frequent attacks of nausea induced by the slightest dietetic indiscretion. He was particularly upset by fat of any description, butter, pork, milk, and salmon, but also by a small drink of alcohol, even a half pint of beer. Poor fellow! Fruit, especially orange juice and apples also upset him. His main complaints were constant nausea, worse in the morning and especially after rising and he also had marked nocturnal nasal obstruction and copious thick yellow discharge. Clarke mentions: "A connection between liver disorder and nasal obstruction has often been traced, and *Mag. m.* has a large number of symptoms of both." This patient had the following symptoms of *Mag. mur.*: Headache on waking, worse on lying down, and better from exercise in the open air. Nocturnal obstruction of the nose with thick yellow viscid mucus hawked up from the throat. Violent thirst. Constant nausea, worse especially in the morning and on first rising. Inability to digest milk and butter, and liability to take colds.

On 10.11.59 he was given *Mag. mur.* 30/3. Six weeks later he reported that he had been very well for a week, until he relapsed after taking butter by accident, when he again had nausea, but he was certain that he had less nausea in the last three weeks and had been able to take milk pudding without nausea. He was given *Mag. mur.* 30/3 again. A fortnight later he reported no further improvement. Perhaps I should not have repeated the remedy then, because it is a long acting one; Clarke's *Clinical Repertory*²³ gives its duration as 40-50 days. He was now given *Lycopodium* 30/3 for a nose cold.

A month later he reported that his nausea was not at all bad, he had

been able to take things he never could consume before, but was still upset by butter. On reconsideration, he thought that he had been better since he was half way through the medicine given the time before last, i.e. *Mag. mur.*; so he was given *Mag. mur.* 6, two pills night and morning. The next month he reported that he had had whisky without being upset and that he could now take milk with milk pudding. Perhaps you Sassenachs will consider that it is an atavistic and terrible habit to have milk with pudding, but the custom is almost as common in Scotland as is your barbaric behaviour of putting sugar on portidge.

After that digression I will continue by saying that he had *Mag. mur.* for another couple of months, and had no severe nausea, but only occasional slight squeamishness if he accidentally took sandwiches containing butter or salmon when he was visiting. On one occasion, after boiled salmon, he had a bad attack of nausea which recurred intermittently for 10 days till he was given *Pulsatilla* 30/3, his constitutional remedy, which produced rapid amelioration.

12. This rather pale joiner of 52 is a most interesting case of myelofibrosis, who had a 37 pound spleen removed five years previously. He had been at work ever since, but now an enlarged liver was beginning to trouble him. His old notes indicated that he had been weepy as a boy, and when his wife visited him in hospital. He had felt panicky in the small X-ray room which seemed stuffy to him, he was uneasy and anxious about his nineteen-year-old daughter if she was late in returning home. These are all mental symptoms of *Mag. mur.*, but it was primarily selected on account of a severe liver pain, aggravated by lying on his left side or walking, and ameliorated by lying on his back or right side.¹⁸

On the day after six powders of *Mag. mur.* 30 he had a severe nose bleeding which lasted all day, and aggravation of his liver pain, but after that was well for two months, until at New Year he had a glass of sherry and also a glass of ginger wine. After that indiscretion he had diarrhoea for five days, vertigo on rising in the night, poor appetite with nasty taste in his mouth, and piles. These are all symptoms of *Mag. mur.* It is rather interesting that he had attended Dr. John Paterson some ten years previously for chronic diarrhoea, and this remedy's provings brought out chronic tendency to diarrhoea as well as constipation with crumbling stools.

He appeared to have benefited from this medicine given in low potency and occasional doses of *Phosphorus* or *Lycopodium*, the latter probably his constitutional remedy. At other times, further indications for *Mag. mur.* were pulsation in his ear, hard crumbly stools, and palpitations when seated which disappeared on motion.

13. This patient, still a stone over-weight, had been compelled eight years previously to retire from his post as stoker to the local infirmary on account of high blood pressure, 240/150, angina if he walked 100 yards slowly on the level, and even pulsus alternans. (Lewis²⁴ considered that

persistent pulsus alternans at a slow heart rate was a grave sign, few patients displaying it surviving for one, and very few for two years.)

This fat fellow had *Mag. mur.* on a number of occasions, the remedy being prescribed on the following symptoms: Occipital headache worse on rising in the morning, vertigo on rising in the morning, hæmorrhoids painful during normal stool, and burning in the anus during and after stool, and pains in his calves when walking.

14. This business man of sixty was exhausted after years of rectal pain. He was so exhausted that after ten hours rest he was hardly able to drag himself twenty yards to the bathroom, yet he trailed to business every day, and was always accompanied by his cushion wherever he went.

He had had an ischio-rectal abscess the size of a hen's egg excised 32 years ago and since then he had relapsed a few times. When first seen he would not allow me to make a rectal examination, and maintained that his main trouble was his heart. He had never had real angina, but only tightness of his chest on exertion since coronary insufficiency had been confirmed by electro-cardiogram five years previously.

I managed to persuade him to reduce his sedatives, alcohol and food, and start taking graduated exercise in the form of walking. The result was that in two months he had reduced his weight, was really beginning to get around fairly well, and was delighted that he was able to walk quite considerable distances.

Now, at last, I managed to persuade him to allow a rectal examination and I found a hard, irregular, tender, enlarged prostate. He was referred to a genito-urinary surgeon, who confirmed carcinoma and prescribed stilbæstrol. After a few doses he developed acute retention and had to have an operation, at which the surgeon found a densely indurated carcinoma, having no clear line of cleavage, and infiltrating the trigone. The condition was so advanced that the surgeon could only remove the obstructing tissue by diathermy, and he also performed a supracapsular orchidectomy.

After operation the patient made a gradual recovery, and some months later he had the following symptoms of *Mag. mur.*: He felt weepy and easily excited, did not want to talk, had constant nausea, burning rectal pain during and after defæcation, marked bladder frequency, only dribbling a few drops at a time and never feeling as if he had emptied his bladder; he had extreme heaviness of his legs even while sitting, but the last straw was that he could not get a decent sleep before or after midnight, but especially between 1 and 3 a.m., also any sleep he did succeed in having seemed quite unrefreshing, so he was constantly tired.

Mag. mur. 6, two pills night and morning, appeared to produce improvement in both his rectal burning pain and his sleeping. This improvement continued for a couple of months till business troubles compelled him to overwork, and he was feeling exhausted, too hot, and numb in the right leg. *Pulsatilla* 1M, three powders, were followed by fever, perspiration, and

vomiting. He is still managing to get to work on occasional doses of low potencies of *Mag. mur.*, whereas he is liable to be upset by potencies of 30 or more.

15. A woman of 65 who had had a left ovarian fibroid removed five years previously complained that although her urine flowed quite freely once it started, it had taken her half an hour to start after an enema. We usually use *Causticum* for retention after operation, but *Mag. mur.* is also in capitals for "must press for a long time before he can begin".²⁵ After *Mag. mur.* 30, three powders, she had no further trouble.

16. A 35 years old mother of two school children had sudden weak turns which compelled her to lie down. These might be classed as attacks of hysterical weakness, but the remedy was selected on her complaint of palpitations while sitting, ameliorated by motion,²⁶ or by walking.²⁷ Other indications for *Mag. mur.* were the fact that she had a history of jaundice and repeated blood examinations showed that she had a persistent hyperbilirubinæmia of about 1.4 mgs./100 mls. (This was suspected to be a case of familial hyperbilirubinæmia, too.) All the following symptoms which she had are covered by the remedy: vertigo in the morning, obstructed nose at night, loss of sense of smell, loss of sense of taste with coryza, offensive fetid nasal discharge, and yellow nasal discharge.

17. There are only two remedies for heaviness of the legs felt while sitting, *ALUMINA* in capitals, and *Mag. mur.* in italics.²⁸ This rubric led to the prescription for this lady of 58 who had had diphtheria when seven, and had constant bradycardia (between 40-45 usually). Her blood pressure, previously 175/110, was now 150/80, and she had swollen ankles for many years, although her electrocardiogram showed no conduction abnormality. She was most unhappy and weepy about her rather wayward daughter who refused to live in her most pleasant home and preferred to live with a girl friend in a rather slummy, smokey place called Bridgeton. This kind soul who had showered all her possessive love on her only child was naturally depressed and, as well as complaining of heaviness of her legs when sitting,²⁵ she had the following symptoms which on repertorizing are all covered by *Mag. mur.*: Lacrimation in bright light,²⁹ cramps in calves at night,³⁰ sleeplessness before midnight, and after midnight especially 1-3 a.m.³¹ unrefreshing sleep,³² generally feeling worse in the afternoon and evening,³³ and lastly she was upset by either heat or cold.³⁴ She was given *Mag. mur.* 6, two pills night and morning.

18. You will remember that there are six remedies given under the rubric worse at the seashore:³⁵ *Ars.*, *kali-i.*, *Mag-M.*, *nat-m.*, *nat-s.*, *Sep.* This next lady was a charming, animated, and very loquacious lady of 47 summers, who had previously been helped by *Mag. mur.* when she had dyspeptic symptoms and tenderness over the right lobe of her liver. Now, having just come back from a holiday at the sea, where she had constantly felt ill, she was complaining of burning (pain) in her soles at night, limb

pains aggravated by movement and numbness of her arms, sleeplessness during the hot weather, unrefreshing sleep, and aggravation by either heat or cold. All these symptoms are covered by *Magnesia mur.* After 6c potency, two night and morning for a fortnight, she complained of rheumatism which had become worse and worse, her fingers were swollen and she could not take off her ring, but a month later, while still on the same dose of *Magnesia mur.*, she said she was a lot better, could move her fingers freely, her hands were not so hot and swollen, and the burning in her soles was improved. She was pleased because she was sleeping more soundly, and was now able to have the breakfast all ready for her family, whereas for some months previously she used to take so long because she kept dropping things on account of her stiff hands.

Summary

This paper has attempted to illustrate that *Magnesia muriatica* is an interesting and useful remedy which has perhaps been neglected.

The indications for its prescription in a number of patients have been discussed, and it has been suggested that it is useful in patients who are depressed, and suffer from nasal and liver troubles.

There are a number of peculiar little symptoms which might indicate that it should be prescribed when one would tend to give *Lycopodium, Merc., Natrum mur., Natrum sulph.,* or *Pulsatilla*, either as a constitutional remedy or on account of the presenting symptoms.

In conclusion I have composed a little rhyme, I could hardly call it a poem, but it does at least remind us of some of the salient symptoms of this remedy, so I trust those of you who are real poets will forgive me for my levity!

MAGNESIA MURIATICA

Poor Maggie Muir was *uneasy* and sad,
For she took such catarrh when her liver was bad,
She *felt* sick in the morning, and it wasn't her fault
She was generally worse if she took MILK or salt.

Poor Maggie, she didn't know what she could eat,
She was ill with *fruit, fat,* butter and meat.
And her *liver was sore if she lay on her side,*
When she lay on her back the pain would subside.

The bane of *Meg's* life was cold and cold air,
Or becoming cold, so a hat she must wear.
She suffer'd from colds and cold wet weather,
Nevertheless you'll think she's blether.

Because warm rooms or a stove she decries,
While she *loves open air* with exercise,
But *not at the coast or bathing in sea*,
'Cause that would leave her as weak as can be.

Now all these symptoms of Maggie I'm sure,
Call for a dose of *Magnesia mur!*

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