

WET WEATHER REMEDIES

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With the winter upon us my mind turns to my stock of wet weather remedies. The main ones are DULCAMARA, NATRUM SULPHURICUM, RHODODENDRON, RHUS TOXICODENDRON, NUX MOSCHATA and CALCAREA PHOSPHORICA. The older school pay little attention to the medicines suitable for the vagaries of our climate except that each sample post brings literature suitable for winter coughs.

DULCAMARA is good for most of the complaints of cold, wet weather, especially after a long dry summer spell. Dr. Tyler says that DULCAMARA is good for catarrh from cold, wet weather, diarrhoea from cold, wet weather, urinary troubles from cold, wet weather, and skin troubles from cold, wet weather. The remedy is a kind of panacea for all types of inflammatory changes common in the change of the weather from dry to cold, wet.

It should be remembered for lumbago, and for sudden chills with diarrhoea. In the high potency DULCAMARA has a reputation for removing flat warts, and it helps stomach pains felt about the navel.

NATRUM SULPHURICUM is more a remedy for the cold, wet spring weather. It is used to be almost routine prescribing for pneumonias starting at the base of the left lung. It is one of our best asthmatical remedies in patients whose asthma starts with the damp, cold weather.

It is especially good in children whose parents are sycotic while it is also a remedy to remember for people who suffer from the aftereffects of a blow on the head. It has also a place in the treatment of chronic rheumatoid arthritis, especially in people who live in damp cold houses.

Remedy for the Aged

RHODODENDRON is another rheumatic remedy useful for the gouty type of patient with wandering joint pains. It is a good remedy for old people whose pains are worse in windy cold

weather, and like the PHOSPHORUS types, they are always worse before a thunderstorm. This remedy has an old homœopathic reputation for sudden severe craches.

RHUS TOXICODENDRON is one of the sheet anchors for rheumatic pains relieved by motion. Some prescribers alternate this remedy with BRYONIA, but I never could see much reason for this for BRYONIA pains are seldom relieved by motion but rather made worse by movement. RHUS is an excellent remedy in high potency for left sided sciaticas and for hot, swollen joints. It is also useful for many types of vesicular skin eruption especially where there is much itching.

NUX MOSCHATA is the homely nutmeg, used chiefly in hysterical conditions where there is a tendency to fainting fits. It is a remedy which has a reputation for that type of rheumatism which affects the knees and prevents the patient going upstairs easily. These types of patients always say their knees get sore after their feet get wet.

Growing Pains

CALCAREA PHOSPHORICA is an excellent remedy for the growing pains of children, especially fat children who are beginning to thin and who complain of numb feelings in their legs and arms, more noticeable when the weather changes from dry to cold damp.

Those are but a few of our wet weather remedies but there are others such as KALI CARBONICUM. The true KALI CARBONICUM types are sensitive to cold, and all their complaints are worse in cold wet weather. Dr. Kent was a great one for stressing the importance of the climate and the pace of a remedy. For instance, under GELSEMIUM he said that this was a remedy for the warm south, just as ACONITUM was a sharper remedy for the cold northern climate in America. Those subtle points are important yet it is only in homœopathic prescribing that they are given due recognition.

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