

rupted recovery with no return of any of the old symptoms whatsoever.

Subsequently, I paid him many yearly visits, and always found him cheerful, and delighted to be able to carry on his full practice, and enjoy his old hobby of "gardening," which for so many years had been impossible.

Finally, though I could give you a great deal more significant evidence, I think I have said enough to persuade you to verify the matter for yourselves ; for you must see *the responsibility to future generations* which rests with each one of us to prevent this cause of ill-health in the future.

—*Jourl. of the Am. Inst. of Homœopathy, Oct., '56*

PROOF OF THE PUDDING

DR. D. M. GIBSON

ASTHMA CASES

A lifelong sufferer from asthma wrote in the Lancet in 1947 of some of the remedies employed in his case from the age of four, when his first attack was put down to "wandering about with wet feet in Skegness."

Down the years he recounts the following in the way of treatment : removal of tonsils and adenoids, twice, at an interval of ten years : purchase, while at school for the sum of 5/-, of a box of tablets guaranteed to "miraculously stop attacks in 30 seconds"—two of these were swallowed with watch on table but at the end of 30 seconds nothing had happened and the rest were discarded— : herb cigarettes, which caused bronchitis : extensive skin-testing while an undergraduate at Cambridge and desensitisation against pollens—effect on the asthma,

nil—: breathing exercises, which did not prove a success : interviews with a psychiatrist, which availed naught ; ephedrine, which caused wakefulness : benadryl, which induced drowsiness : trial of atropine, abstinence, alcohol and adrenaline, of which only the latter was “any use at all, but terrifying stuff to take”.

Another writer to the *Lancet*, in 1948, on the same subject relates that, “Among my experiences with therapy I can list an operation on my turbinates, extensive trials with every remedy taken by mouth (including all the new antihistamine preparations), protein desensitisation, special diets, psychoanalysis, and treatment by an eclectic psychiatrist. All these were quite fruitless.”

Another instance of polytherapy in the search for cure is described by Dr. D. Shepherd in her book, “The Magic of the Minimum Dose”. She tells of visiting an asthma patient in whose room was a table six feet by three standing by the bed and laden with bottles and boxes and jars of all sizes and colours. There were cough cures galore, several inhalers, several nasal sprays, nasal ointments, herbal mixtures for smoking, patent cures from Scotland, France and Germany, medicated wools, boxes of pills—a sorry array of futility as far as the cure of the asthma was concerned.

This sad tale of costly ineffectiveness in relation to asthma treatment might be multiplied ten-thousand fold, and it would seem that for many sufferers the only refuge is in some form or other of spasm-relieving spray.

A Hopeful Alternative

There is, however, another possibility, namely homœopathy with its discerning approach to the individual sufferer rather than routine prescribing.

The following letter was received in July, 1956, from a homœopathic physician of many summers, “In 1910 I was house-surgeon at the East London Hospital for women and children. During my term of office I got an attack of pleurisy which left me with a very bad asthma. So bad was this asthma that life

was really a misery. Dr. X. and Dr. Y., two very good physicians on the staff of the hospital, said there was no cure for it.

Towards the end of my term at Shadwell I came across an advert in the 'Daily Mail' for a house-surgeon at the London Homœopathic Hospital. I obtained the post and after a day or so Dr. Fergie Woods remarked, 'What are you doing with asthma?' I replied that specialists had told me there was no cure for it and that I would keep it all the days of my life.

Dr. Fergie Woods gave me three powders and the asthma went at once. From that time, 1910, until now, 1956, I never had any more asthma. Here again is an example of a cure by homœopathy."

Further Successful Cases

A man of 51 was seen in September, 1947, complaining of constant attacks of distressing asthma of ten years duration. This man had a history of malaria and was also a typical NATRUM MUR. patient. He was given two doses of this remedy in high potency. In October of 1949 he wrote, "It is months since I had an attack. What a relief."

A woman of 39 reported in February, 1952, that she was waking at 4.30 a.m. into a suffocating asthmatic attack lasting about one hour. These attacks had been present for about five weeks and were occurring almost every night. A family history of tuberculosis suggested the use of DROSERA, which was followed by one or two other remedies related to the total symptom picture. Improvement was steady and in July the report was, "No attacks of asthma at all". In December the report was, "Have been very well. No asthma for months."

A man of 41 had suffered from asthma for sixteen years as well as when a boy. The attacks were very severe, often waking him after midnight in acute suffocating distress. Sometimes he would crawl round on hands and knees, fighting for breath. The response to the remedy, ARSENICUM ALBUM in this case, was satisfactory and during the last nine years the asthma has been kept under control with an occasional short lapse. In 1949, for instance, the report was, "have had a good summer contrary

to former experience". In July, 1954, after a slight recurrence he compared "his easy activity now with the first visit when he was so short of breath as to be scarcely able to walk along to the hospital from the tube station". In December, 1955, he complained of some wheeziness but reported, "never have those ghastly attacks now as when I had to crawl around feeling every breath would be my last": and "looks forward to the summer now whereas formerly used to dread the advent of the hot weather."

Occupational Asthma

In 1952 asthma was reported in 32 workers engaged in the printing trade exposed to a spray fluid containing gum-acacia. It is always wise to seek for an occupational cause in allergic manifestations, asthma included.

A man of 36 complained of attacks of frightful suffocation with wheezing about 4 p.m. He mentioned that he was working with metals in a dusty atmosphere containing a very high content of copper. The symptoms were typical of those recorded in the materia medica under CUPRUM MET. and this remedy was prescribed with the advice to change his job. This was in February of 1949. In October of the same year he reported, "I am glad to say I am in perfect health and have had no difficulty with my breathing since I changed my job."

Synthetic Chemicals: An Increasing Hazard

A young man was seen recently in whom a very severe asthmatic condition appeared to be directly associated with the use of a modern detergent for washing nylon wear. He complained of a disabling tightness in the chest which is a marked symptom of PHOSPHORUS. In 1955 no less than 53.2% of the phosphorus manufactured for commerce was absorbed by the detergents industry. Modern man is exposed increasingly to synthetic chemicals employed in agriculture, industry, food manufacture, cosmetics and other aspects of present-day existence. For the allergic type of individual this may be serious, leading to various types of dermatitis and also, perhaps, asthma in sensitive subjects.

The constitutional approach is often of primary importance, especially in children. This is so also in adults as exemplified by a man of 39 who had suffered from asthma for 32 years and was having attacks, almost nightly. He was even tempered, touchy, weepy as a child, pleasant, placid, inclined to portliness, very averse from a stuffy atmosphere, not thirsty. He improved at once on PULSATILLA and six months later while staying away from home slept with impunity on a feather bed which, he said, "formerly always made him ill". Almost two years after beginning treatment he reported, "no sitting up in bed trying to breathe now".

Asthma is, of course, a tricky disease to handle with its constitutional and psychological factors and the great variety of trigger substances which may precipitate an attack. Homœopathy holds out considerable promise of cure or, at any rate, of satisfactory control and that without risk of added suffering.

—*Homœopathy, Dec., 56*

HOMŒOPATHY IN RUSSIA

DR. ZACHAROFF

The CHAIRMAN introduced Dr. Zacharoff to give a short account of Homœopathy in Russia.

DR. ZACHAROFF (U.S.S.R.) said that the professional and civic duties of doctors being of the utmost importance, they were always looking out for new and effective means of preventing and treating the various diseases of man. It was for that reason that, with great pleasure and gratitude, he and his colleagues had accepted the invitation of the President of the Congress, Dr. Benjamin, to take part in its work.

Many Russian doctors believed that homœopathic treatment was very useful because although homœopathic literature