

IS HOMŒOPATHY FAITH HEALING ?

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A new definition of Homœopathy was passed on to me lately, or perhaps it is not so new either—it was as follows: "Homœopathy is nothing but a large amount of faith and a small amount of sugar." It was meant to ridicule and deprecate our system of medicine, but it contained more than a grain of truth. It cannot be denied that faith is needed. Not faith in the accuracy of the Law of Similars; a law in nature remains immutable, whether it is believed or not, and it will work in spite of disbelief. But faith is needed in order to allow sufficient time for the action of the Law of Similars to work. The gardener and the farmer need faith for preparing and tilling the soil in order to receive the seeds for the crops they expect to gather in due course at harvest time; a homœopathic physician is like a husbandman who hopefully plants the seed: the most similar remedy into the soil, the blood-stream and the body of the sick person who seeks his aid. The homœopathic remedy has got to take root first, has got to grow and send shoots in all directions in order to eradicate the weeds—the cause of ill health and this takes time before results will show.

It needs faith to be patient and not give up before the indicated remedy is firmly rooted and not to lay other medicaments which may uproot or bury the seedling, which, if given time, would grow up into a strong plant and yield as its fruit radiant health and well being.

That the medicines contain a small amount of sugar is true enough, sugar being the innocuous vehicle which carries the fuse of the vibrational energy of the homœopathic—the most similar indicated remedy. It is a pity almost that these materialistic workers could not be given the medicines in a different form, that is, in the shape of large cachets made of rice paper so that they would not

see the contents, the size of the dose, or taste the sugar. So many people like to be deceived, why not give in to their weakness until they have been trained up to the simplicity and the deeper truths of the homœopathic method of treatment?

It is so opposed to the recognized way of treatment of the orthodox medical school, that each new patient has to be taught afresh and all bias and ignorance have to be conquered first. Once they have been shown the why and wherefore, and once an individual has experienced on himself the power of the homœopathic remedy they become staunch adherents—a fresh nucleus for expansion of the homœopathic art and science. You can show the way a homœopathic remedy works, by treating, and curing regularly the acute diseases to which mankind is liable. Do not make the mistake which I was guilty of in my early years of practice of not explaining what method was used and why and how it worked. I thought it was sufficient to get people well quickly and the good results would be their own prophets and their own advertisement, but no, it was said that I was one of the fortunate doctors who only came across mild cases, or put in another way, seriously ill people did not consult me. It does not do in this world to hide the light under the bushel, that is if you want to spread the knowledge of Homœopathy. I think that is one of the mistakes that has been made in the past by many homœopathic doctors, they work quietly in the background and do not state to what their success is due. Explain to your patients, to your friends as well, as much as you can about the action of the medicine and the working of the Law of Similars—have discussions and debates. Homœopathy was on the up grade, some 60-70 years ago, it was used in the homes and the nurseries of this country, and then gradually the knowledge of it died out; it was not understood, just laughed at and the few doctors who took up its study were afraid of offending the authorities and were content or even gloried in being out-

casts. Then a layman came along, who discovered the Miracles of Healing produced by Homœopathy and was not ashamed to stand up on the rostrum and proclaim to whosoever would listen to the wonder of it all and succeeded in making it more known. I mean, of course, the late Mr. Ellis Barker, who has done more for freeing Homœopathy from the fetters which held it down than any other man in this century. One may not have agreed with him in many ways, but the fact remains, Homœopathy in the British Isles owes him a great debt of gratitude. He succeeded in stirring up the dying embers. Our duty now is to keep the flame alight and carry on the torch and light new fires with it. It is regrettable that Ellis Barker only met Homœopathy when he was well on in years, and being largely self-taught, he never got into the real spirit of our Art and Science, but remained a symptomatic prescriber and hence a poly-pharmacist. Unfortunately he has left a large following behind him among the lay people, who continue to prescribe 30-40 remedies almost simultaneously, alternating every few hours. They get some results, some improvements, no doubt, but largely only the superficial symptoms are removed, the real core of the matter, the real sick man is not being touched, and unless there is some understanding of the philosophy of Homœopathy, the would-be healer does not know what he misses and what his patients miss.

In acute diseases, feverish chills, infectious diseases, pneumonias, etc., with the single correct remedy, repeated whenever there is a return of the symptoms, or wherever improvement ceases, the cure should take place within a few hours—48-72 hours at the most and the patient feels so well that he requires no convalescence. Orthodox medicine has produced M. and B. and similar drugs which bring down the high temperature in a very short time, but leave the patient very depleted and so lowered in vitality that he sometimes needs many weeks rest and convalescence before he feels his old self again.

Let us illustrate the above remarks by comparing results achieved by pure homœopathic treatment with the single remedy in acute diseases and ordinary allopathic medical treatment. Some families with a number of young children living in a block of flats have become interested in Homœopathy and find it beneficial in the minor ailments of everyday life. Suddenly this winter one of the infants, aged seven, developed a high temperature and a cough. The weather was not exactly suitable for a chest complaint, it being very foggy. A visit was considered necessary and a somewhat serious condition was found. The baby was very pale, lips bluish, the chest wheezy, respiration 70 and laboured, temperature 99.6 degrees, pulse 100. The high respiratory rate with the comparatively low temperature showed that the child was not putting up a good fight against the invading enemy. Respirations above 60 are always considered serious so no time could be lost. *Antimonium tart.* 30 had already been given on advice over the phone for twelve hours without any effect. The child had *Ant. tart.* symptoms, that is the wheezy respiration, loose cough, pallor, weakness, and crying when picked up, or even looked at. Why did the indicated remedy not work? The remedy had been obtained from an unknown chemist, who not being homœopathically trained wouldn't know anything of how to look after our drugs, or may be the parents had been careless, and kept the bottle of medicine on the same shelf as the camphor or menthol, or highly perfumed dental or cosmetic preparations, which made the medicine inert. Fortunately *Ant. tart.* 6 was found among the remedies kept with due precautions in a neighbour's flat, and after administering this potency, the child was sick and brought up a large amount of phlegm which relieved the chest. By next morning *Ant. tart. cm.* was sent and ordered to be taken four hourly, and a few hours before the day was ended, all trouble had ceased, the chest was clear, respiration was normal. The cough had gone, the child was taking her food normally, which she had refused

to do before, and all was well, much to the surprise of the parents, who, the year before had had one of their daughters ill with bronchitis for several weeks. They could hardly believe that an infant so seriously ill one minute, should recover so completely and be so well without any after effects within 24 hours.

A few days later another child, two years of age, in the same house, developed bronchitis. Over the phone, on the few incompletely presented symptoms, *Ipecac.* was ordered, but the trouble continued unabated, so a personal visit had to be made, in spite of bad road conditions. The boy had a temperature of 101 degrees and pulse was 140, respiration 45, signs of fully developed bronchitis were found in the chest, the child was fretful and whining, clung to his mother, wanted to be nursed and carried about all the time; there was no thirst. A complete picture of *Pulsatilla*, which was given in the 10m. potency. The child who had kept his parents awake all the previous night, was asleep within a few minutes, slept all night, and the next morning was his usual bright self, without any temperature and minus his laboured breathing, minus his cough and with an excellent appetite. Both children were seen a week later and both were extremely well.

A third child in the same building also developed bronchitis at this same time: high temperature, rapid breathing, terrible cough, the mother was antagonistic to Homœopathy and called in the local general practitioner, who gave M. and B. and Penicillin. The temperature came down promptly, but the child kept his cough, looked terribly ill, exhausted and weak, and took three weeks to crawl back to some sort of inferior feeling of well being. These parents saw the other children getting well on the single remedy, given in one or two unit doses, almost within twelve hours, while their's dragged on for weeks, and had to be nursed with a steam kettle and put on the formal drops and iron pills, etc., and yet they were not convinced.

All one can say is that such people are not far enough advanced in grace to be ready for the benefactions of Homœopathy.

In order to get such results in acute diseases, it is necessary for the parents and relations to be most observant, to notice such little details as differences in the patient's temperament. A fretful, whining child who wants to be carried about on the one hand, and the crying, irritable child, who screams when picked up and looked at, though normally she was a happy child, always smiling and content. Therefore I say, and I put great emphasis on it, nurses, parents and relations should be observant in noticing and reporting details; they should also read and study the smaller homœopathic materia medicas and know the more common, everyday drugs. Do not make the mistake of starting to read Boericke. This is a book of reference and is most confusing to the young student and only leads to polypharmacy, for it teaches pathological prescribing; its drug pictures are so similar that one has to have a good working knowledge of the drugs according to the homœopathic similimum first before one can find the right, the properly indicated drug from Boericke. Nash's *Leaders* and Tyler's *Materia Medica* are the best books to start on if you want a more detailed description of the remedies. Stoneham and Neatby's *Manual of Materia Medica* is very good, but I do not know whether it is still in print, and perhaps it is a little bit too medical for the beginner in Homœopathy. As for repertories, well, they are for the advanced students and medical men and one needs instruction on how to use them, otherwise you will be overwhelmed, you will waste much time and make endless mistakes.

An abridged repertory only making use of about 60-70 remedies is not of much practical use, and any I have seen usually leave out some of the commonly required acute remedies and other symptoms have been chosen for repertory work are again common symptoms, that is, things are found in many remedies and are not descriptive of any

drug. No perfect or complete repertory has yet been written and only he could attempt the enormous task of producing a new repertory, who has been a practising physician for years, and has a vast and intimate knowledge of the homœopathic drugs; for a little learning is a dangerous thing, as that cynical master of poetry, Alexander Pope so truly remarked, "Fools rush in where Angels fear to tread."

Now let me return to that large house in the country we have been talking about, full of budding homœopaths. You should hear the children discuss Homœopathy and the contemptuous way they speak of the ordinary bottles of the G.P. They tell their friends at school, "You should come home to us and let my mother give you some little sugar-pills; you are well in a jiffy. We do not have to stay away from school as long as you do." Now to prove my contention that faith is not necessary to cure even a chronic case, let me mention the following history. A man from the North was sent to me about eight months ago by some homœopathic friends for some psychological trouble; unbeknown to him, I had a letter from his boss with the following details. He complained of his temper which he could not control, he was rude and frequently insolent, always knowing better than anybody else, obstructive in every way. He had always been the odd man out, always anti-social, never keeping a job for long since he left school. A general misfit, constantly stirring up rows and making trouble. His boss did not think he could keep him unless he improved in his work and in his behaviour, so self-opinionated he would not take anybody's advice, and certainly did not require any treatment, he said; "Why should he? He was perfectly well; he'd just got over a cold and was a bit tired in consequence. His wife was the real invalid and required advice."

He looked seedy, had a shiny greasy face, sallow and spotty. While attending to his wife, I managed to persuade him to let me look at his tongue and teeth which he admitted were bothering him, and I popped a powder of *Natrum mur.*

10m on his tongue, which I told him would help his tooth-ache. It was done so quickly, he had no time to object. Now for the result, which his boss was delighted to report to me. For ten days he was much worse, so tired he could hardly drag himself about, looked like death, could not eat, had violent sneezing attacks; all of which he just put down to the anxiety over his wife, who had been hæmorrhaging badly and had given him a thorough fright. *Sabina* 30, two doses in 24 hours, completely stopped the violent hæmorrhage and made a new woman of her, but that is just by the way. After this spell of aggravation due to the high potency, he suddenly began to improve: he became amiable, his face was one long smile, there was an aura of happiness and contentment round him, he was more co-operative, fell in with all the suggestions and plans made by his colleagues, he was most energetic, could not do enough and became a totally different individual. My friend could hardly believe that he was the same man, and was much impressed with the power of the correctly applied simillimum, the right homœopathic drug given in a high potency in the unit dose. Such a remedy as *Natrum muriaticum* in a high potency is a deep-acting medicine which will go on working for a considerable length of time; there has been no need to repeat it yet after several months, not until all improvement has ceased and the old Adam comes back with his suspicions, his opposition, his contrariness, will a second dose be required.

In such a case one can rejoice at the great benefit a correctly applied homœopathic remedy can vouchsafe to the sick person and his friends. There was the right combination of an observant friend who read the mental and spiritual character of this man correctly, and reported it to the physician, who was thus enabled to find the right remedy corresponding to the state of the patient, without any reperi-
torization. There was little notice taken of any physical or pathological symptoms; the prescribing was based almost entirely on the mental and psychological make-up. In the

early days of homœopathic apprenticeship, it would have been necessary to consult Kent's *Repertory*, carefully taking every mental symptom, excluding those which were not exactly *similar*, and eventually *Natrum muriaticum* would have been arrived at, but practice in Homœopathy, as in other things, makes perfect. There was one symptom which I forgot to mention which made the diagnosis of *Natrum muriaticum* absolutely certain: this man had a mapped tongue; that is, there were markings on his tongue which resembled the outlines of a geographical map. There are very few remedies which have a geographical tongue, and so, together with the greasy complexion, the psychological peculiarities, a person who would not own up to feeling unwell, did not like company or pity or consolation, *Natrum muriaticum* was just homœopathically right, and now there is peace and happiness in that home instead of strife.

Now tell me, where did faith come in with these two little children suffering from bronchitis? They were too small to have any faith; and, as regards this man, he was not told anything, except to open his mouth and take the powder on his tongue; only after the first surprise was over did he ask what it was for, and he got very little satisfaction out of the answer that "the powder would ease his teeth", so I claim that faith did not play any part in any of these cases described.

Now another case which required careful case-taking and elimination of the many different medicines consumed in the past, before the correct disease picture could be obtained. In May, 1947, she came to me as a last forlorn hope when everything else had failed her, so you might say that she had fired herself to have faith. She was old-looking, sixty, skinny, deeply jaundiced, eyes showed a dirty yellowish cornea, very constipated in spite of salts and calomel, weekly attacks of violent abdominal pain with vomiting and deepening jaundice which lasted two to three days; had had three operations during the last twenty years

for gallstones; doubtful history of partial removal of gall bladder; poisoned by many septic teeth which she hugs and refuses to be parted from, is afraid of extraction which might bring on these devastating sick attacks. No symptoms obtainable, which is not surprising considering the amount of calomel she has been swallowing for years and which has to be antidoted with *Nux vomica*. A strong suggestion of malignancy about the lady. Bran was ordered for the constipation, her diet was adjusted, calomel and salts were forbidden and one hoped for the best and feared the worst. One would have liked to have taken her into Bramshott, the Homœopathic Diet and Rest Home, for a thorough cleansing and to teach her to prepare her food, to know what to eat and how to cook it. Alas, domestic difficulties at that time made such a plan impossible; she would have required a great deal of attention, which with the untrained, inefficient nursing staff available at that time could not be provided.

We had a long uphill fight with the disease. She continued having the weekly attacks of jaundice with vomiting, gradually losing weight, until she went away to Swanage where they ceased at once until she returned home, when back came the attacks. They were relieved with *Arsenicum* 30; she was restless and prostrated with the pain, thirsty for warm drinks, and the attacks usually came on after midnight, although they now lasted for only four to six hours under the action of *Arsenicum* instead of two to three days; but, though relieved, the attacks continued as before. *Medorrhinum* 30 was given on modality, "attacks better while at seaside"; this helped somewhat, attacks and pain not quite so severe, nor so long lasting, until the beginning of January, 1948, when she had the worst attack she had had for years. I suggested again that her bad septic teeth had something to do with it, but she refused to hear of extraction. I suggested another X-ray, the previous one having been taken two years before; and on the report that she was usually worse in the afternoons, had a great deal of flatulence and was very nervy and full of unnecessary

worries and felt the cold very much, I decided on *Lycopodium* 6 night and morning. A month later she felt very much better, no further attacks since the last medicine, so she decided with fear and trembling to attempt to have her teeth out.

March 6th, 1948: two months since her last attack of jaundice and vomiting. X-rays showed no gallstones, only that her gall bladder was not functioning; gained 4 lb. in two months, eating well. End of August, 1948, no attacks since January, when *Lyc. 6* was ordered; has had eleven of her teeth out since March, 1948, gained a stone in weight since January; can eat almost anything, is careful about fats still. *Lyc. 6* only to be taken should an attack threaten.

Seen January 1st, 1949; has had no attacks for a year; there was a mild warning of an attack in December with some nausea and slight pain, which two doses of *Lyc. 6* removed in a few hours. Now weighs 8 stone 10 lb., a gain of one and a half stone in just over a year. Looks years younger, enjoys her food, works in the house, which she has been unfit to do for years. Her husband says, "Homoeopathy has done what no other doctors and surgeons have been able to do—for years they tried and failed to make a cure." It was a slow job, it took about a year before the constitutional remedy was found, which built up the vitality and prevented the attacks and so made her of some use again to her husband and family, and that at sixty years of age, when most doctors would have said "she is too old to be cured". Of course she was badly poisoned with calomel and her septic teeth, but she was well before her teeth were extracted in the spring of 1948.

Again I say that faith had very little to do with the cure, she had faith enough to persevere while the spring-cleaning of her body was attended to, and her patience was rewarded in due course! She did not have very high potencies, her health was too feeble to withstand any strong

shocks or strong reactions; regular doses of the sixth potency were required for two months and were then repeated later at rare intervals when she felt not too well.

Now for a resume:

Two cases of early broncho-pneumonia in young children cured within a few hours, rapidly, painlessly, without any complications following, each case prescribed for on the totality of the symptoms, not on the pathological basis, that is, broncho-pneumonia, but on the symptoms presented by the individual children, hence the different remedies.

During my student days and the early days of my professional life as house physician in orthodox hospitals, I never saw such results; we dreaded broncho-pneumonia, it had a high death rate and such cases were always nursed with great care and devotion by the nursing staff. As a medical officer in children's clinics for many years I watched the sad results of respiratory infections and their almost invariably fatal results in the young toddlers. They were strong and healthy, brought up on breast milk, given the best orthodox medicine; but such a number of them died in the second and third years of their lives. It was heart-breaking, while the children I treated in my private practice survived on homœopathic medication. So I decided to use constitutional remedies in one clinic at weekly or monthly intervals to build up the constitution and prevent respiratory infections. The result was a 100 per cent. success, while in another clinic in the same neighbourhood, where I gave exactly the same advice except that no homœopathic medicines were given the death rate from respiratory diseases continued as before. Surely this should prove to the most unbelieving person, be he medical or lay, that with the same doctor the identical advice in a neighbourhood with similar type of working-class families, the difference in the results of these two clinics could only be ascribed to the homœopathic medication—"the small amounts of sugar" given at rare intervals; not due to faith

on my part nor due to faith of the small children who, for all they knew, were just given a few granules of sugar.

Then the case of the man with the difficult temperament. What could an orthodox doctor have done? Advise him to attend a psychoanalyst, so that he was cleansed of his childhood fears and phobias? A slow business and impossible for a man who had to earn his living and was too far removed from town to be able to attend a doctor once or twice a week for an analysis of his psyche. He had no faith in the sweet-tasting powder, no knowledge of what it was for, and much too concerned about his wife to wonder about the powder that was given him; and yet he was altered out of all knowledge within a few days.

"Faith without work, is dead" the sacred Book tells us; but Homœopathy is not dead, for it works!

—*Heal Thyself, Feb. & March, 1949.*

LABORATORY CHANGES UNDER HOMŒOPATHIC TREATMENT

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Considerable interest has been aroused by the work of Boericke, et al., in the reproofing of homœopathic remedies with laboratory changes noted. The laboratory findings are significant. It is my thought that laboratory changes under homœopathic therapy would be of interest and value.

The cases presented were prescribed for entirely on a symptomatic basis, not on a pathological or diagnostic basis. The first three cases presented are *pulsatilla* patients.