

pathological ultimates, which in reality are only the visible results of disease, so long will there be no dearth of failures in their attempt to heal the sick. Disease cause is as invisible, subtle and elusive as thought or energy (e.g. electricity or magnetism) and any attempt to bring it under the ken of the senses, the microscope or other laboratory instruments is bound to result in failure." I do not think the point could have been better put.

Is there any hope of these methods being changed and of more enlightened methods taking their place? So far as I can see the hope is small. Vested interests have grown up round the manufacture and supply of expensive specialists' equipment, of surgical apparatus and of narcotic drugs, and would be difficult to shift. The National Health Scheme, which reduces a doctor's freedom, has unfortunately led to a big increase in prescriptions for dangerous drugs. The late Minister of Health was reputed to have shuddered at the quantities of medicine being poured down British throats under the scheme and to have wished he could believe that its efficiency equalled the credulity with which it was swallowed. I fully share those misgivings.

But those interested in homœopathy must do what they can. I am convinced that homœopathy is the one art of healing known to man. And Ellis Barker was surely right when he said that homœopathy is an art and not a science. It will not die, for remember that truth will always out.

—*Heal Thyself*, January 1952

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## HEADACHES

DR. S. PHILIP CLEMENTS

What a wealth of pain and suffering is covered by that one word—headache—and I use the word *wealth* deliberately for I can think of no greater source of income to the purveyors of patent medicines than that from the

sale of alleged headache "cures." For years there have been claims made by the various manufacturers for the superiority of "so and so's" headache remedy above all others, and when you are next in your local museum, I would suggest that you look at some of the very old newspapers that seem to be framed in all museums. You will be astounded at the number of remedies that have been advertised, and at the fantastic claims that have been made for them. Indeed, I remember recently seeing a copy of a very old paper, dated around 1660, and noticing one advertising announcement extolling the virtues of a remedy not only for headaches but for all the other aches and pains that man can be heir to. Strangely, it was not an Apothecary who was advertising but a "Coffee House" to be found "in Bartholomew Lane, on the Backside of the old Exchange," and the remedy of such great power?—Coffee.

Today in the newspapers and magazines there is still a steady flow of advertisements—new wonder drugs just discovered, old established remedies—all claiming to *relieve* pain and suffering, especially the pain of headache. These crude drugs will sometimes prove helpful temporarily but sooner or later the body will become immune to the action of the drug and so the search for another and even more powerful drug goes on.

*Relief* from pain and *cure* are entirely different and there can never be found a single remedy to cure all headaches. The causes of headache are as diversified as the kinds of headache. Every headache varies in its intensity, site and type of pain and the nature of the headache will often indicate to the capable practitioner the probable cause of the pain.

Undoubtedly the most common cause of headache is eye-strain, but it can accompany disorders of many other parts of the body and is often associated among other things, with disorders of the circulatory system, the stomach, liver or kidneys, bowels, respiratory tract, and very commonly these days, worry and mental strain.

A headache is a reflection of a constitutional disbalance and should be so treated. Homœopathy is essentially a constitutional method of treatment and while it is not possible to include in this article all the remedies that may be useful, the following list should enable sufferers to fully appreciate the benefits of this magnificent method of healing. The selection of the correct remedy calls for the careful assessment of all the symptoms and reactions of the patient. Make a note of the position of the pain, the type of pain, and then more important still, whether the patient is better for movement or rest, hot or cold applications, light or darkness or pressure; and any other symptoms accompanying the headache such as irritability, etc. These details should then be compared with the notes given under the various remedies, and the remedy which agrees most completely with the symptoms exhibited by the patient should be chosen.

For the acute headache dissolve half a dozen or so pilules of the selected remedy in a wineglass of warm, boiled water, and sip a teaspoonful every half-hour as needed. If there has been no improvement after two or three doses the symptoms should be carefully examined again and a further remedy selected. For the chronic headache, three pilules dissolved in the mouth once or twice daily should soon prove helpful, and as the condition improves, so the remedy should be taken less frequently. Always purchase your remedies from a reputable homœopathic chemist and remember to ask for the potency or strength indicated by the number following the name of the remedy.

ARGENTUM NITRICUM 6c

Headache with coldness, trembling and feeling as though the head were enormously enlarged. Relieved by tight bandaging and pressure. Headache from emotional upset, fear. Patient desires cool fresh air. Warm room aggravates the headache.

**BELLADONNA 3c**

Full, heavy, throbbing pain usually in the forehead or on the right side. The keynote is the throbbing pain together with flushed face and dilated pupils. Patient is exceedingly sensitive to light, draught, noise and movement and is worse when lying down. Better for light pressure and sitting up.

**BRYONIA 12c**

Headaches needing this remedy have a bursting sensation as if the head would split open and the pain is aggravated by stooping and motion of any kind, even the slightest movement of the eyes. Relief only from lying absolutely still. Headaches that often come on first thing in the morning on first opening eyes.

**COCCULUS 3c**

Pains in the back of the head extending to the nape of the neck. Giddiness and nausea. Sensation as if the eyes would be torn out. Headache from riding in cars and trains. Sensation as if the back of the head were opening and shutting. Worse lying on the back of the head, or from mental effort. Better when resting indoors.

**GELSEMIUM 6c**

Dull, heavy pains spreading from the back of the head often settling in the eyes with tight band sensation about the head. Scalp sore to touch. Headache preceded by visual disturbance. Aggravated by mental exertion, smoking, lying with the head low and the heat of the sun. Better for profuse urination. Heavy drooping eyelids. Headache from eye strain.

**IRIS VERSICOLOR 12c**

The typical "migraine" headache. Frontal headache especially affecting the right temple; sick headache. Bitter or sour vomiting is often characteristic of this remedy. Headache aggravated by violent motion, often relieved by quiet walking in the open air. Headache following over-indulgence in sweet foods.

## MELILOTUS 30c

A little used but very useful remedy for congestive and nervous headaches. Frontal headache with nausea and vertigo, congested purplish redness of the face, bloodshot eyes and culminating in a nosebleed that relieves the pain. An intense throbbing pain that is aggravated by motion and relieved by cold applications, especially vinegar bandages.

## NATRUM MURIATICUM 6c

Headache preceded by partial blindness or "dazzle." A feeling of a thousand little hammers beating on the brain. The remedy for a chronic headache that starts on rising and persists for the greater part of the day. Very often worse at 10 a.m. Headache of anæmic schoolgirls. Pains brought on by worry, eye-strain, menstruation. Face usually pale and earthy. Pains aggravated by warmth and movement.

## NUX VOMICA 3c

Headaches caused by the excessive use of alcohol, or from constipation, liver or digestive troubles all come within the sphere of this remedy. Giddiness on rising. Headache over the left eye. Sick headache in persons of sedentary occupation. Headache aggravated by stooping, coughing, moving the eyes or mental exertion.

## SANGUINARIA 3c

Sick headache spreading from back of head to right eye. Nausea and vomiting. Patient wants to be alone in a darkened room. Intense pain causes patient to bore the head into the pillow. Headaches tend to recur every seventh day. Better for rest.

## SPIGELIA 6c

This remedy is similar in action to *Sanguinaria* but the left side of the head is affected. Feels as if the top of the head were split open. Pain usually increases as the sun rises and decreases as the sun sets. Pain aggravated by the least noise or jar, stooping or change in the weather.

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