

## CATARRH

By J. ELLIS BARKER

CATARRH is one of the most frequent complaints and one of the most intractable and the most chronic. It begins in youth and frequently ends only with the grave. Sufferers from this unpleasant affliction often believe the condition incurable and they tell the doctor that they have "tried everything".

I had a man come to me who complained of catarrh and an eruption which had plagued him for many years. He believed in nature cure. He followed a rigid diet and he showed me a long list of his complete fasts which he had undergone. There was a record fast, on water alone, of four weeks, one of three weeks, several of two weeks and twenty or thirty of a week or less. While he was fasting, catarrh and eruption disappeared. Soon after ending his fast his troubles came back again. Obviously these two complaints could not be cured by "purifying the system" dietetically. The theory of purification did not work in his case and it has proved disappointing to many others.

Orthodox doctors treat most diseases from cancer and skin diseases to catarrh as purely local. Hence the "cure" for cancer is operation, exactly as it is for swollen tonsils. The "cure" for skin diseases is some poisonous ointment which drives the outer trouble into the inner organs to the harm of the patient, and the "cure" of nasal catarrh consists in washing out the

nasal passage with a douche and in more violent surgical procedures.

Catarrh is an attempt of nature to rid the body of disease material. It is a natural cleansing method. Nasal catarrh and catarrh of the throat are particularly frequent in men. Most men hawk and spit, but few women do. Why? because women discharge their bodily impurities by way of the vagina, by leucorrhoea, "the whites".

The orthodox treatment of catarrh of nose and throat with gargles, douching and operation is obviously illogical and faulty, in many cases injurious. The treatment by homœopathic means is much safer and more logical. The textbooks enumerate and describe dozens of homœopathic medicines which may be indicated in case of catarrh, such as *Hepar*, *Mercury*, *Sepia*, *Lycopodium*, *Kali bichrom.*, *Hydrastis*, *Pulsatilla*, *Arsenicum*, and many others, but it is not enough to pick out a remedy indicated by the symptoms. The *Pulsatilla* patient is weepy, chilly, hates fat, moods change easily, he cannot stand stuffy rooms; has greenish catarrh, sleeps with hands high and the woman patient has scanty and delayed periods and a white discharge. However, *Pulsatilla*, though very strongly indicated, need not cure the patient but may prove very disappointing unless the cause of the catarrh is dealt with. It may be due to chronic constipation and auto-intoxication, to acquired or inherited gonorrhoea or syphilis, to vaccinal poisoning, to acquired or inherited tuberculosis, to measles and numerous other causes. Consequently *Pulsatilla* may

prove quite ineffective unless *Bacillinum*, *Syphilinum*, or some other disease product is given at the same time.

Catarrh is in itself nothing very serious but it may have very serious consequences. Every day the practitioners see cases of catarrhal deafness which is often quite intractable and which might be avoided if handled skilfully in time.

—*Heal Thyself*, August, 1946.

### A SURVEY OF FOURTEEN EPILEPTIC CASES

(continued from page 19)

13. M.K., ÆT. 27. F.

10. 12. 40. Epileptic attacks, both major and minor, for 20 years.

*Previous Illnesses.* Vaccination in childhood. Otherwise health good prior to onset of epilepsy. Scarlet fever at 10 years old.

*Symptoms.* Fits began at 7 years old. Occurred every night for several years. Often three or four fits each night. Nose—frequent “head colds” in cold damp weather, associated with tender sinuses. Followed by bronchitis with hard spasmodic cough. Bowel costive and hard. Stomach normal. M.P. regular but prolonged to 2 weeks. No dysmenorrhœa or leucorrhœa. Epileptic attacks < with M.P. “Head