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FIRST
STEPS TO
HOMŒOPATHY

A Primer

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INTRODUCTION.

ONE is repeatedly asked : "What is Homœopathy, and how does one commence its study ?"

Is there a book which would give the beginner some elementary insight into its principles, and HOW and WHERE to commence its study ?

It is really astonishing, how the vast majority of the public are utterly ignorant as to what is meant by Homœopathy. In fact, they do not know whether Homœopathy is an astronomical term, or a new species of cabbage !

In order, therefore, to overcome this gross ignorance, and dispel the false ideas which have been generated around Homœopathy, I have been persuaded to write this primer.

In attempting this small work, I am fully aware of the insuperable difficulties which have to be faced, and the criticisms that will be made by the experienced Homœopath ; but this work is not intended for the skilled Homœopathist, but for the beginner, who does not know the A.B.C. of this applied science.

Our vast Homœopathic literature, is like a great mountain, with steep and intricate paths, whose ascent, without a guide, is a dangerous and terrifying prospect to the novice.

I shall not attempt in this primer to deal with the chronic miasms, hereditary, idiosyncrasy, susceptibility, and environment.

These are strong meats which the reader of this book will, at least for the time being, be unable to digest.

The writer in all humility, would strongly urge the beginner, to first of all learn by heart the elementary basic principles of the science.

When he has done this, he will be in a position to come to the Homœopathic banquet, without becoming overwhelmed by the magnificence of the repast, which has been prepared for those who are worthy to sit down with their host, Dr. Samuel Hahnemann, the greatest physician of all time.

For those who are sufficiently interested to delve deeply into the science of Homœopathy, I will give a list at the

end of this work of some Homœopathic classics, which should be obtained if possible.

It is of course appreciated, that, owing to the blitz on London, most of these works were destroyed, but we feel that when sanity has once more been restored, that the works which are now unobtainable, will be reprinted and available to the interested public.

June 14th, 1943.

"SHALDON,"

WATCHETTS DRIVE,
CAMBERLEY, SURREY.



CHAPTER I.

WHAT IS HOMŒOPATHY?

THE word Homœopathy is derived from two Greek words: Homoiqs "like" or "similar" and Pathos "feeling," "passion," "suffering." The Greek words are found in the Acts xiv. 15, and James v. 17.

Homœopathy is a science of the treatment of disease by drugs, in which each medicine used is chosen because of its proved power of producing in large or poisonous quantities effects on the healthy, similar to the manifestations of the disease—or symptoms—which it is desired to cure.

In Latin this rule is expressed by the term "*Similia similibus curentur*"—"Let likes be treated by likes." The more like the ascertained effects of a drug are to the disease symptoms, the more rapid and permanent will be the cure, so long as the dose given to the patient is *smaller* than the dose which has disturbed the healthy person on whom the drug has been "proved."

This law was discovered by Dr. Samuel Hahnemann, a very learned physician and chemist.

In 1790 he was translating Professor Cullen's "*Materia Medica*" into German, and was dissatisfied with the explanation of the action of Cinchona bark (Quinine) in the cure of ague. He was familiar with this disease, having suffered from it himself.

In order, therefore, to obtain some clue as to its curative action, he proceeded when in perfect health to take half-ounce of the bark twice a day for several days.

This experiment produced "chilliness, drowsiness, fever, thirst, flushing of the face and sweating, which lasted for some hours.

On discontinuing the bark, these attacks ceased.

On resuming it they returned exactly in the same form, and at the same hour of the day.

This was the head-stone on which the whole Homœopathic edifice has been built.

This experiment he carried out with Cinchona bark is termed a "proving" or pure effects of a single drug on the healthy body.

For the next few years he experimented in a similar way on his family with other drugs, very carefully recording ALL THE EFFECTS; but it took him nearly 25 years to build up his "Homœopathic Materia Medica."

In 1810 Hahnemann published his "Organon of Medicine," which lays down all the fundamental laws of the Homœopathic art. In 1821 he brought out his "Materia Medica Pura," which contains in all sixty-two well proved drugs.

Since Hahnemann's time this number has increased to over one thousand drugs more or less proved.

To sum up we have learnt in our first lesson :

1. Homœopathy is based on LAW.
2. Drugs have the power of producing artificial disease or drug effects.
3. To ascertain the full effects of a drug, it must be tested or proved on the healthy human being.
4. In order to cure disease, the drug that is most similar in its effects to the symptoms of the disease which is to be cured, must be administered, but in a dose that is *smaller* than the dose which has disturbed the healthy person.
5. The "Homœopathic Materia Medica" is a compilation of the exact effects both mental and physical which have been produced by drugs on the healthy human being.

CHAPTER II.

HOW DOES HOMŒOPATHY DIFFER FROM MEDICINE AS UNIVERSALLY PRACTISED?

WE have already seen that Homœopathy is based on a fundamental LAW.

The so-called "regular" doctors are known as "Allopaths" (Greek Allos "other" and Pathos "suffering"), and they base most of their treatment on the assumption,

that, in order to cure a disease or a pain, it is necessary to cause a new and stronger irritation in some other organ or tissue, so as to draw away the disease or pain to some other spot, and then cure the latter effect.

For example : Let us take the Common Cold, which is generally considered a trivial ailment, although it may often be the prelude to serious illness ; and see how the Allopathic School treat a disorder to which we are all prone.

If we look up "Chills and Colds" in the fifteenth edition (1939) of "Black's Medical Dictionary," by John D. Comrie, M.A., B.Sc., M.D., F.R.C.P.Edin., we find quite a lot of information given as to its "Causes, Varieties and Symptoms," but nothing really definite as to its treatment and cure.

We read under "Treatment" :—"A cold which affects only the nose and is accompanied by much discharge MAY, at its commencement, be relieved by using one of the solutions mentioned under Gargles and Nose Washes. The sense of stuffiness that accompanies a cold in the head MAY be relieved by rubbing the sides of the nose downwards for ten minutes night and morning with Lanoline. In children, a favourite household remedy for feverish colds is tincture of Aconite, but it must be remembered that this is a very potent drug. A cold MAY often be got rid of at its commencement by a hot bath at bedtime, followed by warm drinks or a Dover's powder (10 grains) to produce perspiration, and a rest of twelve hours or so in bed. The best warm drinks for this purpose are hot lemon squash, or whisky in hot water or hot milk ; or their place MAY be taken by a tablespoonful of Mindererus spirit, or a teaspoonful of sweet spirits of nitre, in water, at bed-time. Instead of a hot bath, one MAY steep the feet for five or ten minutes in water as hot as can be borne, to which have been added two tablespoonfuls of mustard, mixed first of all with cold water.

"For a feverish cold with slight cough, ammoniated tincture of quinine in doses of one teaspoonful twice or thrice in the day, taken in a wineglass of water, forms a popular and very useful remedy."

"When there is quinsy, or rheumatic pain, salicylate

of soda and phenacetin (10 grains of each) MAY be taken with advantage. In all inflammations of the throat, oily applications, such as camphorated oil and a flannel bandage to the neck, do much good. When there is a threatening of bronchitis, with sense of oppression in the chest, poultices or mustard leaves to the front of the chest (see Blisters and counter-irritants), together with an inhalation of a teaspoonful of compound tincture of benzoin from hot water (see Balsams) give much relief. In all these internal catarrhal conditions, heavy eating must be avoided, but soothing fluids, such as warm gruel, or milk and water, are very serviceable. In the very young and very aged, colds form a serious illness, and medical advice should be sort early, in case the trouble should assume a serious complexion in bronchitis or pneumonia."

It is admitted that quite a number of ordinary common-sense measures are recommended, which anyone with average intelligence would obviously employ; but, nothing SPECIFIC is laid down as to its treatment or cure.

It is a well-known fact that the types and varieties of colds are legion; and, by way of illustration, we will give six different types of the common cold.

TYPE 1. The patient has a *corrosive* nasal discharge with a burning sensation in the nose and eyes. He has a burning thirst, and is very anxious and restless. He is prostrated, feverish, and has a headache, and cannot sleep.

ALL SYMPTOMS ARE BETTER BY WARMTH AND HOT APPLICATIONS.

TYPE 2. The patient has a fluent coryza which is BLAND. The eyes water all the time, and the lachrymation is ACRID. Face hot, and he is chilly and cold.

WORSE IN THE EVENINGS, INDOORS, AND BY WARMTH.

TYPE 3. Constant sneezing, especially when entering a warm room. Copious, watery and ex-

tremely ACRID discharge from the nose. Has a headache, cough, and hoarseness. Eyes suffused and watery ; lachrymation
BLAND.

BETTER IN THE COLD AIR AND IN A COLD ROOM.

TYPE 4. Has chills up the back, heat and fulness of head and face ; sneezing and fluent coryza. DROWSY AND LANGUID. Fever remits *without* perspiration and recurs again. With the chill there is a profuse flow of urine with relief to the head.

TYPE 5. Has thick YELLOW discharge from the nose, especially from the posterior part. Mucus keeps dropping down into the throat. Tongue coated with yellow mucus. Constipated. All-gone sinking sensation at epigastrium.

TYPE 6. Cold with abundant discharge of serous mucus. Nostrils raw and ulcerated. Nasal bones swollen. Yellow-green, fetid pus-like discharge. Headache, nightly sweat. Very thirsty. Pains in limbs. Depressed.
ALL SYMPTOMS INCREASED BOTH BY HEAT AND COLD.

The above six cases are taken as an illustration, that colds DO vary, and that they cannot all be classified under one heading, so that one prescription would cure the lot.

If these six cases were to come before a doctor practicing Allopathy, the kind of discharge and all the other concomitants and details given under the separate types would be of no interest to him ; for to the Allopathic School of thought, all these cases would be classified as "Common Colds," and prescribed for as such.

To treat these cases Homœopathically, all the details given under each type of cold are of the very greatest value.

The experienced Homœopath would prescribe as under :

For TYPE 1. Arsenicum Alb.

For TYPE 2. Euphrasia.

For TYPE 3. Allium Cepa.

For TYPE 4. Gelsemium.

For TYPE 5. Hydrastis.

For TYPE 6. Mercurius Sol.

The reason why a different drug is prescribed in each case, is because THAT drug is the ONE that has produced in the " Prover " an identical cold, when taken in poisonous doses. See Chapter 1.

From this elementary example, it will be seen that Homœopathy is governed by LAW, whereas Allopathy is governed by opinion.

" Homœopathy is not a sect, nor a creed. It is an embodiment of experimental knowledge, a true applied science."

CHAPTER III.

DISEASE—WHAT IS IT, AND HOW IS IT TREATED?

WE will endeavour in this chapter to try and make clear the fundamental difference in the treatment of disease by Homœopathy and Allopathy.

The first question we have to consider is : " What is disease ? " To this question we will give Hahnemann's answer as set forth in his " Organon of the Rational Art of Healing."

He says : " The invisible disease producing alteration in the inward man together with the visible alteration in health (the sum of the symptoms) make up that which is called disease ; both together actually constitute the disease." He goes on to say : " It may be granted that every disease must depend upon an alteration in the inner working of the human organism. This disease can only be mentally conceived through its outward signs and all that these signs reveal ; IN NO WAY WHATSOEVER CAN THE DISEASE ITSELF BE RECOGNISED."

Again : " A disease in its whole range is represented only by the complex of the morbid symptoms."

We will now give a simple illustration setting forth Hahnemann's doctrine of disease.

You are called to a case where the patient manifests the following symptoms :—

He is delirious ; sees monsters ; is furious ; rages, bites, and spits and strikes. He desires to escape, all senses are very acute. He has a throbbing headache, especially in the forehead. He bores his head into the pillow, and rolls it from side to side. His face is bright red, hot and swollen and shining. His eyes are brilliant, staring, pupils dilated. He has a throbbing and beating pain deep in the ears. His mouth is very dry. His throat is as if glazed, very red, worse on the right side.

Throat constricted ; he cannot swallow. Great thirst for cold water, but dreads drinking. Stomach hot, very distended, urine scanty. Tickling short, dry cough. Violent palpitation, and throbbing all through the body. Feet icy cold, although he has a high temperature, with burning steaming heat. Has no thirst with the fever. Can't sleep owing to pulsation of all blood vessels.

Now having ascertained all the particulars of this sickness, will it help us to cure the patient if we call his sickness Scarlet Fever or Delirium Tremens ?

Now if a doctor of the Allopathic school is called to attend such a case, he would no doubt label the sickness Scarlet Fever. Well, so far so good !

Now the question is how is he going to cure the patient ?

First of all the patient would have to be isolated ; kept warm in bed, and care taken to avoid chills owing to the danger of kidney complications (so far this is all to the good). Now for the treatment. The throat would no doubt be swabbed with carbolised glycerin. A very light diet. During the fever they may give a drink of bitartrate of potassium. To keep the bowels open, they would administer a mild aperient. If the throat is much affected, some strong antiseptic would no doubt be applied with a brush or a syringe. If there is an ear discharge, the ear would be syringed with a boric lotion, and so on.

The tragedy of this form of treatment is that the Allopath

is really up a gum-tree, and all his school of thought can do, is to relieve as far as possible, the most urgent symptoms, and hope with good nursing, that the vital forces of the patient are strong enough to eventually overcome the acute attack.

The sequelæ, or in other words the morbid symptoms that are a consequence of this sickness, must take care of themselves, and all he can do is to hope for the best.

Now we will consider the same case from the Homœopathic viewpoint.

Should a Homœopathic doctor be called in he would ascertain if possible from the patient all the symptoms of his sickness ; and if this was not possible he would obtain the information from those attending the patient, and also by his own observation and examination.

Having obtained all the necessary information in regard to the sickness, as already set out, it would neither be necessary, nor of interest to him to ascribe a label to the disease.

In this particular case it would be obvious that Belladonna covered the whole case perfectly.

In Homœopathic phraseology, Belladonna would be called the "Simillimum." It will no doubt be asked : "Why is Belladonna the simillimum ?" and the answer is, because in the "provings" Belladonna has produced identical symptoms on the healthy, when taken in poisonous doses. If the provings of Belladonna are studied in the "Homœopathic Materia Medica," all the symptoms of the patient will be found fully recorded.

It matters not in the least whether the patient in this case had Belladonna poisoning or not. What we do know is that Belladonna covers the **WHOLE** case perfectly.

In order, therefore, to cure this case, all that is required is a dose or two of Belladonna in a high potency, which will annihilate, root, pith and marrow the **INVISIBLE** cause of the sickness, and incidentally prevent the manifestation of any sequelæ. This is law and order.

I must, however, point out to the reader, that the above example is only a straightforward illustration of Homœopathic procedure, and that the cure of all forms of sickness is by no means as simple as the case I have recorded.

The cure of Chronic disease is a much more difficult

art, and can only be attempted by those who are skilled in Homœopathy.

CHAPTER IV.

WHAT IS THE HOMŒOPATHIC DOSE, AND HOW IS IT PREPARED?

One cannot do better than quote from "Homœopathy : All About It," by the late Dr. J. H. Clarke, M.D. He says "When Hahnemann began to employ drugs with the precision his method required, he found that the ordinary doses acted much too powerfully, and caused great aggravation of symptoms before the cure took place. He then by degrees reduced his doses, until he found that he could get the curative effect without aggravating. In some instances, he found that the attenuation process actually developed and increased the curative powers of the medicines.

"The method he adopted was to dilute tinctures (drugs in a liquid state) in the proportion of 1 to 100 of rectified spirit, and to grind in a mortar insoluble substances with sugar of milk in the same proportions."

For example : To make the first (centesimal) potency, one drop of the required drug is taken and mixed with 99 drops of rectified spirit. This strength is, therefore, 1 in 100.

To make potency 2, one drop of potency 1 is taken and mixed with 99 drops of rectified spirit. This strength is 1 in 10,000.

This process is repeated until the desired potency is reached. Each potency is succussed or shaken in the ascending scale.

In order to potentise insoluble substances, you have first to triturate or grind with sugar of milk. You take one part of the insoluble substance, and add 99 parts of sugar of milk, which are well ground together in a mortar. This makes potency 1.

When you reach potency 3 or 1 in 1,000,000, the next and subsequent potencies are made by first dissolving the final trituration, *viz* potency 3 in water and then continuing as you would for soluble substances to obtain potency 4 onwards.

The centesimal scale was originated by Hahnemann, and he used no other.

The decimal scale was adopted at a later date, and the letter X is placed after the figure to distinguish it from the centesimal.

The centesimal potencies are made in a proportion of 1 in 99, whereas the decimal potencies are made in a proportion of 1 in 9.

Now for a word of warning: No one should ever attempt to make their own potencies. This is a wholetime job of the expert chemist; and secondly, potencies should only be obtained from a recognised Homœopathic chemist, and not from any fashionable drug store.

At the end of this small work, a list of well-known Homœopathic chemists will be included.

CHAPTER V.

WHICH IS THE CORRECT POTENCY TO GIVE: AND HOW OFTEN SHOULD IT BE REPEATED?

As this small work is only intended for those who know nothing of Homœopathy, the writer would strongly recommend, that at first the low potencies are only used, such as the 3rd, 6th, and 12th in the centesimal scale, or the 3x, 6x and 12x in the decimal scale.

The high potencies should be left severely alone until such time as the beginner feels he has mastered the rudiments of Homœopathy.

When he has done this, he can commence trying out the 30th and 200th potencies, and in this way as he gains experience he can keep gradually going higher.

The late Dr. James Tyler Kent, the American Master of Homœopathy, once stated in a lecture:

“It is well for you to realise that you are dealing with razors when dealing with high potencies. I would rather be in a room with a dozen negroes slashing with razors, than in the hands of an ignorant prescriber of high potencies. They are the means of tremendous harm, as well as of tremendous good.”

Let this be a warning, for Dr. Kent knew what he was talking about.

The question we have now to consider is which potency are we to administer in any given case :

As a general rule—please note the word “General”—the potency to be given, will be governed by the following considerations :

1. Low potencies, such as 1x, 3x, 6x or the 3rd, are ususally given in gross pathologic states.
2. Medium potencies, such as the 12x, 6th or 12th, in functional disorders.
3. When the disorder is predominantly mental, then the high and highest potencies should be given, from the 200th upwards.
4. When all the patient's symptoms are PERFECTLY matched by any given drug (which is termed in Homœopathy the SIMILLIMUM—see the example given in Chapter 3 under Belladonna), then the highest potencies will work miracles, such as the 10m, 50m, cm. mm.
5. When vital organs, such as the heart, lungs, kidneys, liver are involved, low potencies should only be given.

The above notes are only a general guide, and are not to be taken as the last word on the potency question.

THE DOSE.

In acute disorders the indicated drug can be given two or three times a day, preferably apart from meals ; generally speaking low potencies are given in acute disorders.

In Chronic disorders, or when a high potency is indicated, the dose is given sometimes, once a week, once a month, or even at longer intervals. No hard and fast rule can be laid down, as there are many factors that have to be considered in such cases.

When the patient has reacted well to the indicated remedy, and his condition has improved, the dose should be reduced at once, and the drug allowed to act. The GOLDEN RULE is this :

Stop all medicine as soon as reaction has set in and WAIT. If the patient should slip back, then repeat the

dose, but so long as improvement is taking place—NO MEDICINE.

And lastly, as a general rule, when taking Homœopathic remedies, patients should be instructed to avoid taking coffee in any shape or form, or any other medicine, as the action of the homœopathic remedy will be upset.

CHAPTER VI.

HOW TO TAKE THE CASE.

THE correct taking of the case is by far and away the most difficult part of Homœopathy. On it will depend our ability to cure the patient or not.

The finding of the correct drug is comparatively easy, compared with the taking of the case.

This is such a vast subject, that I shall not attempt to touch but the fringe of this part of the science.

As this primer is intended for those who know nothing of Homœopathy, no good purpose will be served by going deeply into the subject.

All I shall attempt to do is to give some elementary principles, which will act as a foundation on which the beginner can build, as he becomes more acquainted with the science.

TAKING THE CASE.

1. On meeting the patient, a cheery word, a joke and a smile will go a long way to putting him at his ease, and gaining his confidence. This is elementary psychology.

2. If the consultation is taking place in your own home, the patient should be taken into preferably a bright and pleasant room and given a comfortable chair to sit on. The chair should be so placed that there is sufficient light in which the patient can be closely observed. You yourself should sit in a position where your face is in shade, so that the patient will not notice that he is being closely observed. Before commencing to take the case, it is as well to talk for a few minutes on some pleasant and topical subject. This allows the patient to relax: for remember, the average person is generally nervous

and keyed-up, and this procedure should put him completely at his ease.

3. Let the patient relate in HIS OWN WORDS the details of his sickness. Do not interrupt him, unless there is some point which is not clear.

4. The whole details of the case must be put in writing, for it is utterly impossible to memorise the hundred-and-one details with which you will be faced in taking the case.

The name, age, sex, build, colouring, should be placed at the top of the first sheet.

5. After having recorded in writing all that the patient has to say, it is then your turn to question the patient.

6. In order to make a correct prescription, the following points must be ascertained :—

- (a) The exact nature of the sickness.
- (b) When it commenced, and if the patient knows what caused it.
- (c) The exact position of any pain or discomfort.
- (d) The type of pain, whether burning, stabbing, cutting, stinging and so on.
- (e) Whether the pain is continuous or spasmodic.
- (f) Whether relieved or aggravated by rest or movement.
- (g) Time of day or night at which it is better or worse.
- (h) The kind of weather which aggravates or ameliorates his condition.
- (i) The kind of weather in which the patient HIMSELF irrespective of his sickness, feels best.
- (j) Whether his pains are better by hot or cold applications.
- (k) The kinds of foods and drinks which agree or disagree.
- (l) Condition of bowels and urine.

- (m) Sleep—whether the patient sleeps through the night or not.
- (n) Whether sleep is restless, and position in sleep.
- (o) Dreams—whether patient dreams, if so what about, and whether he dreams continuously about the same subject.
- (p) Patient's temperament—whether placid or irritable—what cheers him, and what upsets him—whether morbid or cheerful—whether he loves his life or hates it. In order to get this information, which is MOST IMPORTANT, you must be very tactful, and it is best to leave this part of the examination to the end.
- (q) Hereditary—and particulars of sicknesses of near relations—such as father, mother, aunts, uncles, etc.
- (r) Whether vaccinated.
- (s) Any previous illnesses, with details.

A most important point to remember is that you must NEVER frame your questions in such a way that the patient will answer with just "Yes" or "No." This will tell you nothing, and is a waste of time. The following is an example of a good and bad question.

Observe your patient closely when he is answering your questions, for the change in his facial expression is of GREAT IMPORTANCE.

Example of a good question. (Indirect).

Suppose you ask: "If you were given a dozen oysters, would you accept them? The patient may dislike oysters, and reply with a shudder; and by screwing up his face—'Ugh' I loathe oysters—they nearly kill me." This reply will be pure gold, and is a sign of a well-framed question, and this symptom will be of great importance when studying the case.

Example of a bad question. (Direct).

You ask: "Do you like pastry?"—to which the patient replies without the slightest change of expression—"Y—E—S, but to be quite frank, I can't honestly say that I like or dislike it."

Very little notice may be taken of such an answer.

CHAPTER VII.

HOW TO FIND THE CORRECT REMEDY.

HAVING taken your case, your next problem is to find the drug most similar to the TOTALITY of the patient's symptoms.

In order to do this you must have a good *Materia Medica* and *Repertory*. These two works, at least, are ABSOLUTELY ESSENTIAL.

The "*Homœopathic Materia Medica*" is a work which contains a compilation under each drug of all the symptoms that the drug has produced artificially on the healthy human being by what are known as "Provers." All the symptoms produced are shown under separate headings under each drug as MIND, HEAD, FACE, NOSE, STOMACH, ABDOMEN, and so on. In other words it is a complete picture as to how each drug affects the human economy, and all that is known about it.

Now the "*Homœopathic Repertory*" is a work that contains all the symptoms found under ALL proved drugs, and arranged in such a way that they can be easily found. It is divided into separate sections similar to the separate headings under which each drug is shown in the "*Materia Medica*," with this difference, that in the "*Repertory*," for example, under the Section "MIND," ALL THE SYMPTOMS PRODUCED BY EVERY DRUG IN THE MATERIA MEDICA ON THE MIND ARE RECORDED. We will give an example :

In "*Kent's Repertory*," 4th edition, under section MIND, we find the following rubric :

"Anxiety when alone"—against this symptom in "*Kent's Repertory*" the following drugs are recorded—Arsenicum — Cadmium — Drosera — Mezereum — Phosphorus—Ratanhja—Tabacum—Zincum.

This means to say that the symptom "Anxiety when alone" has been produced in greater or lesser degree by the eight drugs recorded against it.

In order, therefore, to show the degree in which this

symptom has been produced, the eight drugs are shown in different degrees of importance.

This is done by recording in thick black type, the drugs that have produced this symptom in the greatest degree, those drugs that have produced the same symptom in a lesser degree are shown in italics, whereas the drugs that have produced the same symptom in the least degree are shown in ordinary type.

In this example Arsenicum and Phosphorus are shown in thick black type, and Drosera and Mezereum in italics, whereas Cadmium, Ratanhia, Tabacum and Zincum are in ordinary type.

We stated in the previous chapter "How to take the case," that every symptom of the patient mental and physical must be put in writing.

When you have done this, the next thing you have to do is to look up EVERY SYMPTOM in its appropriate section in the "Repertory," and to record against it all the drugs that are shown.

When this has been completed by a process of cancellation, you must find the drug that appears especially in the thick type or italics in all or at the least the majority of the recorded symptoms.

When you have got your drug, the next step is to turn it up in the "Materia Medica" and read it carefully, and see whether it covers the case.

If it does, give it. This may appear and undoubtedly is hard labour, but the beginner who knows nothing MUST look up everything.

As he gains experience his work will be less laborious, but remember that homœopathy is very difficult, and do not run away with the idea that when you have gained a little knowledge that the above procedure can be dispensed with.

If you do, you do so at your own peril and disaster will be the result.

From what has been said, please do not be misled into thinking that the finding of the correct drug is mere child's play. This is very far from being the truth, for the following reasons.

When you take the case you must appreciate that the patient will not give his symptoms in the exact language

of the "Repertory" and "Materia Medica," but will use the ordinary everyday terms of the man in the street.

As a beginner your great difficulty will be to translate the patient's terms into the language of the "Repertory" and "Materia Medica." This can only be attained with practice and experience.

We will give an easy example of what is meant:—Suppose your patient should state:

"I dislike intensely keeping an appointment, as I always feel apprehensive and fearful, and in fact quite upset; although I have no real cause for fearing to keep it; otherwise I feel very fit."

Now how are we to tackle this mental symptom, and where are we to look for it? If we search the repertory from cover to cover for this literal expression of this symptom we shall never find it, so what are we to do?

On boiling down the patient's statement, we find that the mere anticipation of keeping an appointment causes him anxiety.

Now turn up the section entitled "MIND" ("Kent's Repertory, 4th edition) and on page five, under subsection "ANXIETY," we find—"Anticipating an engagement"—against which three drugs are recorded—Argentum nitricum—Gelsemium—Medorrhinum. Now Argentum nitricum is in thick black type, whereas the other two drugs are in ordinary type. The next procedure is to turn up Argentum Nitricum in the "Materia Medica," and see whether it fits the case.

CHAPTER VIII.

WHAT IS THE BEST WAY TO COMMENCE ITS STUDY.

THE late Dr. J. H. Clarke, M.D., sums up the position, when he states in the eighth edition of "The Prescriber," on page 36 of the introduction, that:—

"The knowledge of remedies in Homœopathy is like the knowledge of words in speaking a foreign language. The beginner in Homœopathic practice should, in the first instance, make himself absolute master of some dozen of the most widely useful remedies, with all their

characteristics and peculiarities of the conditions under which their symptoms appear and cease, and of their special times of occurrence if they have any. The following is a list I recommend, the medicines being named in the order of what I regard as their importance : Sulphur, Lycopodium, Calcarea, Arsenicum, Thuja, Aconitum, Nux Vomica, Pulsatilla, Silica, Hepar, China, Belladonna, Bryonia. An accurate knowledge of the symptomatology of these drugs will enable the practitioner to deal successfully with the majority of cases he meets. But it will also do more than this for him ; it will give him a solid basis on which to build up a knowledge of the rest of the ' Materia Medica.' "

In order to practice homœopathy, it is essential, therefore, to obtain as a minimum the following works :—

1. The best Homœopathic Materia Medica available. The late Dr. J. H. Clarke's " Dictionary of Materia Medica " is the best, because it is the fullest ; but at the moment this work, unfortunately, is very difficult to obtain.

2. " Lectures on Homœopathic Materia Medica " (Kent).

3. Homœopathic Drug Pictures (Tyler).

4. " Materia Medica with Repertory " (Boericke).

5. " Kent's Repertory " is the best, as it is the most comprehensive.

6. " The Prescriber " (J. H. Clarke, M.D.) and read the introduction on how to practice Homœopathy over and over again.

As the student begins to feel his feet, he can gradually add to this nucleus, by applying to The Homœopathic Publishing Co., 13, Bedford Square, London, for a list of all available works on Homœopathy, and for any advice which they will always be very pleased to give.

In conclusion, I would once again like to stress that this small work is only a primer and written solely with the intention of bringing to the notice of the public the medical pearl of great price, which the Divine Providence permitted his servant, Samuel Hahnemann, to discover

for the alleviation of the manifold ills to which the human race is prone.

Whether the interested reader proves successful in practising the Homœopathic art, will depend on :

1. His LOVE FOR IT, and a real desire to benefit the sick and suffering.
2. His capacity for study, concentration, close observation and comparison.
3. His aptitude for putting into practice the Homœopathic law, and the teachings of the masters of the art.

A LIST OF A FEW HOMŒOPATHIC CLASSICS, WHICH
SHOULD BE OBTAINED IF POSSIBLE.

- “The Organon.” Hahnemann.
“Chronic Diseases.” 2 Vols. Hahnemann.
“Materia Medica Pura.” 2 Vols. Hahnemann.
“Dictionary of Materia Medica.” 3 Vols. Clarke.
“Clinical Repertory.” Clarke.
“Constitutional Medicine.” Clarke.
“Lectures on Materia Medica.” Kent.
“Lectures on Homœopathic Philosophy.” Kent.
“Homœopathic Drug Pictures.” Tyler.
“Leaders in Homœopathic Therapeutics.” Nash.
“Keynotes of Leading Remedies.” H. C. Allen.
“The Chronic Miasms.” J. H. Allen.
“Fifty Reasons for being a Homœopath.” Burnett.

SOME LEADING HOMŒOPATHIC CHEMISTS.

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Tranquil Vale, Blackheath, London, S.E.3.
- Clark & Wheeler,
71, Queen's Road, Bristol.
- W. H. Dennis, M.P.S.,
8, Halford Street, Leicester.
- Epps, Thatcher & Co.,
60, Jermyn Street, London, S.W.1.
- The Homœopathic Supply Co.,
128, Frimley Road, Camberley, Surrey.
- C. C. Hubble, M.P.S.,
50, Goldsmith Street, Nottingham.
- Keene & Ashwell, Ltd.,
38, New Cavendish Street, London, W.1.
- A. Nelson & Co., Ltd.,
73, Duke Street, Grosvenor Square, London, W.1.
- Scottish Homœopathic & Bio-chemic Supplies, Ltd.,
203, Buchanan Street, Glasgow.
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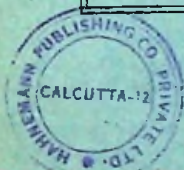
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