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BIOCHEMIC PRESCRIBER

ERIC F. W. POWELL

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BIOCHEMIC PRESCRIBER

by

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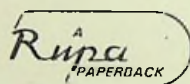
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Biochemistry

The Chemistry of Life

THE BIOCHEMIC SYSTEM OF MEDICINE

Nutrition is the physical basis of life, and when the blood stream is pure, chemically balanced and supplied with all the elements necessary to build healthy cells physical disease is an impossibility; even mental disorders are extremely unlikely, for a well-nourished brain tends to maintain a state of mental balance.

The trouble today is that people do not feed on natural, mineral-rich food. Most diets are deficient of many of the essential mineral salts, and even good food is poisoned by the use of chemical fertilisers and modern soil treatment.

A German physician, Dr. Schüssler, who died in 1898, spent a great deal of time on the theory that all disease was due to a deficiency of one or more of the mineral salts which go to make up the human organism, and chemical investigation has proved beyond all doubt that his contention is largely correct. The restoring of the balance of the mineral salts in the body cells to proper working order, by making up deficiencies from the food through the catalytic action of minute doses of the defective cell salts, thus causing proper assimilation of these elements—that, in a nut-shell, is the theory of the Schüssler system of medicine.

The body is constantly being robbed of its mineral supply, and any physical disturbance will result in a further marked loss. Biochemistry is a natural

therapy based on the operation of known laws, and the remedies employed work with the cellular intelligence of the organism to restore the body to a condition of normality. Each minute cell, of the millions which constitute the organism requires its own infinitesimal molecular quantity of salts, which it receives from the food eaten and digested. The deficiencies cannot be replaced by taking material doses of minerals, for they would not be assimilated; rather, they would clog the system and tend to produce disease. To meet the purpose of cell nutrition the salts have to be split up very finely—as fine or finer than they are found in plant life. All the mineral salts used in Biochemistry are triturated (pounded and split up) until the desired degree of fineness is obtained.

Some brief observations on body chemistry will be of interest to readers.

Of the many elements known to chemists only a few of them are found in large quantities in the human body cells. Oxygen, hydrogen, nitrogen and carbon exist in large quantities in all tissues, making up about 97 per cent of the body. Among the other constituents we have sulphur, phosphorus, chlorine, fluorine, potassium, sodium, calcium, iron and silica. These elements unite with the four principal ones to form compounds which perform the necessary functions in the organism.

It is interesting to note that scientists are now endorsing the Schüssler idea, and are coming to the conclusion that every disease can be prevented or cured by making good some chemical lacking in the organism. At the time of writing these "new" theories are the subject of feverish activity on the part of health scientists in various parts of the world, and the subject has even been brought to the public in a vivid manner through the medium of television.

Among the most important chemical compounds in the body we have the following: —

- Water.** Diffused throughout the entire system.
- Carbonic Acid.** Found in the blood, urine and sweat.
- Carbonate of Sodium.** Found in the serum of blood, saliva, sweat, bile, tears and mucous.
- Carbonate of Lime.** Found in the cartilage, bones and teeth.
- Phosphate of Lime.** Found in the same tissues as the carbonate.
- Phosphate of Iron.** Found in blood, gastric juices and urine.
- Chloride of Sodium.** Found in bone, cartilage, blood, muscles, brain, nerves and every liquid and solid of the body.
- Chloride of Potassium.** Found in blood, brain, muscles, gastric juice, saliva.
- Chloride of Calcium.** Found in the gastric juices.
- Sulphate of Potassium.** Found in the gastric juices, cartilage and urine.
- Sulphate of Sodium.** Found in the bile, cartilage and sweat.
- Sulphate of Lime.** Found in the skin, bile and hair.
- Oxide of Iron.** Found in the blood, skin and hair.
- Fluoride of Calcium.** Found in the bones and teeth.
- Phosphate of Potassium.** Found in the blood, brain, nerves and muscles.
- Phosphate of Magnesium.** Found in the brain, nerves, muscles, bones and teeth.
- Phosphate of Sodium.** Found in the brain, blood, muscles and nerves.

Silica. Found in the connective tissues, skin, nails and hair.

Twelve of these substances were used by Dr. Schüssler for his system of treatment:—

PHOSPHATES	Of Lime—Calcium phosphorica. Of Iron—Ferrum phosphoricum. Of Potash—Kali phosphoricum. Of Soda—Natrum phosphoricum. Of Magnesia—Magnesium phosphorica.
CHLORIDES	Of Potash—Kali muriaticum. Of Soda—Natrum muriaticum.
SULPHATES	Of Lime—Calcium sulphurica. Of Soda—Natrum sulphuricum. Of Potash—Kali sulphuricum.
FLUORIDE	Of Lime—Calcium fluorica.
PURE SILICA	Silica.

Salts entering into the formation of nerve cells are Magnesium Phos., Kali Phos., Natrum Phos., etc. Hence these cell salts are useful in the treatment of nervous disorders. Similarly, disorders of the various organs and tissues of the body call for the cell salts normally found to be playing a part in their respective make-up.

Other minerals, gold, silver, tin, lead, platinum, titanium, selenium, etc., etc., are also found in the body in traces; hence these elements are known as "trace elements." All have a most vital part to play in the maintenance of good health. Those who are interested will find full details in my larger work on the subject: "Biochemistry Up To Date." However,

the intelligent person will find the original salts of Schüssler sufficient to cover most every-day ailments, and as they can never harm but always do good, they may be administered to all people of every age. Indeed, many brilliant physicians have employed no other remedies than the original twelve in their successful practices.

It may be argued that those who live on a mineral-rich diet will not suffer from diseases due to mineral deficiencies. The fact remains that this is not so. I have known people suffering from mineral deficiencies who live quite sensibly, and who pass (for example) quantities of calcium with their urine. Yet they actually need calcium. The trouble is that, while minerals may be present in the food eaten, it does not follow that they are assimilated and utilised by the cells. The tissue salts rectify these faults and enable the system to extract and make use of the salts in natural foods. In other words, the Schüssler system corrects body chemistry and faulty metabolism.

Readers will find much helpful advice on the use of remedial foods, and other interesting matters for the promotion of good health, in "Health from the Kitchen" by Eric F. W. Powell.

Another work by Eric Powell, entitled "Kelp, The Health Giver," will prove to be both profitable and interesting.



THE USES OF THE TWELVE TISSUE SALTS

1. Calcium Fluorica

A disturbance of the equilibrium of the molecules of this salt causes prolapse, dilation and relaxed conditions of the elastic fibres. It is of use for prolapsed organs, varicose veins, hæmorrhoids and vascular tumours. Hard swellings and bone derangements often call for Calc. fluor. It is rarely employed on its own but with other indicated remedies. For example: for bleeding piles it should be taken with, or in alternation with, Ferr. phos.

2. Calcium Phosphorica

A wonderful tonic to the entire system. The inability of the body to assimilate and utilise this salt produces difficult dentition in the very young, slow development and general debility. It is the best tonic after exhausting illness, and is employed in T.B. cases, bone diseases, emaciation, anæmia, painful and difficult periods and for the illnesses of puberty. It is also of value in senile decay and the troubles of the aged. Calc. phos. sweetens the entire organism, even as lime sweetens the soil.

3. Calcium Sulphurica

A remedy for suppurations for which it is a wonderful healing agent. Acts on connective tissues. Used for mattery discharges, abscesses, boils, ulcers, blood disorders, rheumatism, etc. Note that Silica is used to promote suppuration and encourages waste

and morbid matter to be discharged through the skin. Calc. sulph. is used later to heal the trouble. In many respects this salt is similar to the Sulphur of the Homeopaths and covers somewhat similar ground.

4. Ferrum Phosphoricum

Iron is the carrier of oxygen in the blood, although potassium also has its uses for this purpose. Hence, Ferr. phos. is indicated for all ailments arising from disturbed or sluggish circulation. Used in fevers and inflammations. An ideal remedy for pain accompanied by heat, redness, throbbing pulse, congestions. Good for colds, bronchitis, pleurisy, pneumonia, croup, diphtheria, diarrhœa, hæmorrhages, rheumatism, nose-bleed, simple catarrh, bed-wetting, etc. For the colds of children it is a wonderful remedy.

5. Kali Muriaticum

For all ailments accompanied by a white or grey coating of the tongue, thick white discharges and expectorations, skin diseases, colitis, dysentery, etc. A good remedy for chronic ailments, hereditary complaints and conditions that will not yield to other well-chosen salts. Given for all ailments characterised by exudations, infiltrations, swellings and the later stages of acute illness. Hence, it is given with Ferr. phos., or immediately afterwards, for colds and catarrhal conditions. A remedy for rheumatic troubles.

6. Kali Phosphoricum

The supreme remedy for nervous disorders and nervous debility. For lack of nervous energy, brain fatigue, neurasthenia, insomnia, lack of confidence, irritability, hysteria, melancholy, gloominess, tearfulness (with Nat. mur.), nervous headaches, pains in the limbs, offensive ulcers and for offensive discharges. When the patient is fearful or despondent give Kali phos. Of all the cell salts this one is lost easily by

cooking, and there are few cases in which it is not indicated. Of recent years it has been proved to be the finest remedy for a weak and exhausted heart.

7. Kali Sulphuricum

When the coating on the tongue is yellow Kali sulph. is usually indicated. In the last stage of a cold and cough, when the expectoration is easy, Kali sulph. will hasten the final clearance. The condition of the skin is also a guide: oily, peels easily, yellow or greenish discharges. Most people who require this remedy are worse in a heated atmosphere and towards the evening. Useful for catarrhal conditions. Leucorrhœa, when the discharge is yellow or greenish. Also of value in disorders due to sexual excesses. (Calc. phos. and Silica are also essential.)

8. Magnesia Phosphorica

For painful ailments relieved by the application of heat (Ferr. phos. is the reverse). This is the chief remedy for spasmodic conditions: ailments accompanied by sharp, shooting, stabbing pains. For states of contraction: cramp, abdominal tension, mental tension. Ailments for which it has been employed with success are: flatulence, colic, St. Vitus' Dance, neuralgia, neurasthenia, palpitation, toothache (relieved by warmth), writer's cramp, etc. A fine remedy for the tummy pains of babies. A few tablets of Mag. phos. dissolved in hot water, and taken in sips, will usually relieve distressing flatulence.

9. Natrum Muristicum

As this salt is found in all tissues of the body it is very frequently called for. It may be thought that as it is nothing more than common table salt it has little use. On the other hand it will cure ailments caused by an excessive intake of the common article, which tends to cause watery catarrh, skin disorders and much debility. Nat. mur. corrects the disturbed

molecules of this salt and normalises the body chemistry. Both the Biochemic and Homœopathic schools have a high regard for this remedy and the most spectacular results are obtained when it is given in high potency. It is the first remedy to think of in anæmia and malnutrition, because without Nat. mur. nutrition of the cells is impossible. Used for headaches, indigestion, vomiting, thin catarrh, colds with watery discharge, watery blisters, constipation, mental anxiety and disorders due to mal-assimilation.

10. Natrum Phosphoricum

The biochemic ant-acid. Used for all disorders due to acidity and an acid condition of the body. Used for acid dyspepsia, sour risings, acid diarrhœa, rheumatic disorders, nervous trouble, worms and the disturbances caused by worms. Whenever the tongue is coated with thick, yellow fur, or as with thick, yellow cream, Nat. phos. will be the remedy. Good for children who have acidity from eating too many sweets and fancy cakes.

11. Natrum Sulphuricum

A great liver and kidney remedy. Regulates the amount of water in the tissues. Usually indicated for people who are worse in damp weather. The biochemist employs Nat. sulph, for all liver troubles, biliousness, sick headache, migraine, vomiting of bile, bitter taste in the mouth, diarrhœa, influenza, intermittent fever, gravel, poor kidney function, dropsy, etc.

12. Silica

A remedy to promote the formation of pus and suppuration. Used for abscesses and for boils that will not discharge. Has produced wonderful results in the more advanced diseases of the nervous system, forms of paralysis, spasms, rheumatic pains in the limbs, etc. Silica is also a grand remedy for giving

strength to mind and body, and is advised for those who lack courage and have an inferiority complex. However, for mental conditions the best results are obtained when it is given in high potency; that is the 200th potency: a dose two or three times weekly for a few weeks. For physical disorders give it in the 6x or 8x or 12x potency.

POTENCIES

Potency means the degree of fineness in which the remedy is prepared by a process known as trituration. Thorough, prolonged trituration is essential if a remedy is to be truly effective, and the cell salts should be purchased from a reliable source. Most good Homœopathic chemists are dependable. The failure of well-selected tissue remedies is often due to the fact that the salts have not been thoroughly triturated.

The first trituration is made by mixing one part of the selected salt with nine parts of milk sugar. This is pounded in a mortar (usually electrically driven) for two to three hours. The preparation is then in the 1x potency. One part of this 1x potency is then mixed with nine parts of milk sugar and the pulverising process continued, which results in the 2x trituration. The 3x is then made in the same manner from the 2x, and the triturating goes on until the desired potency is reached. With the exception of Nat. phos., we do not advise a salt to be given below the 3x potency, as it would be too crude and would not be acceptable to the organism. For home use, the 3x to the 12x is advised, and any potency that is advisable other than these is stated in the section dealing with treatments.

BIOCHEMIC TREATMENT GUIDE

GENERAL ADVICE FOR DOSES

The biochemic tissue salts are supplied in the form of small tablets, but they can also be obtained in powder form if preferred. The dose for powder is two to four grains—as much as about two powdered tablets, or what will stand on the tip of a pocket knife. Tablets are mostly employed. The dose for tablets is usually two, dissolved on or under the tongue, before or after meals two or three times daily. For acute conditions the dose is more frequent, and the remedies may be administered in hot water to hasten effects. Always administer high potencies exactly according to instructions. In the more serious disorders professional advice should be taken, although the suggested remedies will prove to be of much value until this is obtained. The sensible individual will be able to treat most ailments at home.

ABORTION (Threatened)

Ladies who have experienced difficulty in carrying for the full time will be helped by taking Kali phos., Calc. phos. and Calc. fluor. Use the 6x potency and take two of each together before meals three times daily for the last three months, or before then if there is any danger of abortion.

ABSCESS

Inflammation: Ferr. phos. 6x before meals.

Swelling: Kali mur. 6x after meals.

To promote suppuration: Silica 8x before meals.

To clear up suppuration: Calc. sulph. 6x before meals.

Chronic abscess: Calc. phos. 6x before meals.

Silica 8x after meals.

With much acidity: Nat. phos. 3x.

If there is little or no suppuration give Silica 6x before meals. When suppuration has been established for a short time cease the Silica and give Calc. sulph. 6x instead. People suffering from acidity should also take Nat. phos. 3x in hot water immediately on rising and again on retiring; or before meals.

ACCIDENTS

Fresh wounds: Give Ferr. phos. 6x and Kali phos. 6x together every two hours. For more serious cases dissolve five tablets of each salt in half a tumbler of warm water (not hot water if there is any evidence of hæmorrhage). Give the remedy in frequent sips. If unconscious moisten the lips frequently. This will be of help until professional aid is at hand.

Septic wounds: Kali phos. 6x every three hours.

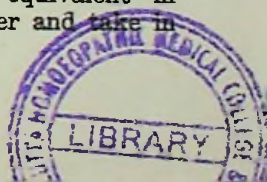
Strained muscles: Calc. fluor. 8x and Ferr. phos. 6x every three hours.

To ease up long-standing suppuration: Calc. sulph. 6x three times daily.

ACIDITY

Acid conditions generally: Nat. phos. 2x or 3x.

Dissolve three tablets (or the equivalent in powder) in half a cup of hot water and take in



sips a few minutes before meals. If other remedies are being taken have them a few minutes after the Nat. phos. and immediately before or after feeding.

Acid stomach: Nat. phos. 3x before meals and Nat. sulph. 3x after meals, on the tongue or in hot water.

ACNE

Ferr. phos. 6x before meals; Kali mur. 6x after meals. If there are watery pustules take Nat. mur. 6x with the Kali mur.

Chronic: Kali mur. 6x before meals and Calc. sulph. 6x after meals.

Acne Rosacea: Kali mur. 6x before meals. Calc. phos. 3x and Silica 6x after meals.

ADENOIDS

Calc. fluor. 6x with Calc. phos. 3x before meals. Ferr. phos. 6x and Kali mur. 6x together after meals.

ADHESIONS

Calc. fluor. 6x or 8x before meals. Ferr. phos. 6x after meals.

AGUE

Nat. sulph. 6x with Ferr. phos. 6x before meals. Nat. mur. 6x after meals. Kali phos. 6x on rising and again on retiring.

ALOPECIA (Loss of hair)

Kali phos. 6x with Nat. mur. 6x before meals. Silica 8x or 12x after meals. Well massage the scalp with cold water every day. Any hair that

comes away will be "dead" hair which would eventually be lost in any case. The massage encourages the growth of new hair. Or, massage the scalp daily with any good hair lotion containing Jaborandi.

AMENORRHŒA (Absence of menses)

Due to nervous causes: Kali phos. 6x before meals.

If anæmia is the cause treat as for anæmia.

Tearful subjects: Kali phos. 6x before meals and Nat. mur. 6x after meals.

Sharp pains: Mag. phos. 6x after meals.

If due to a chill: Ferr. phos. 3x before meals; or in hot water.

Bilious symptoms: Nat. sulph. 3x or 6x after meals.

ANÆMIA

Calc. phos. 3x with Nat. mur. 6x before meals.

Ferr. phos. 3x or 6x after meals.

If very nervy give Kali phos. 6x with the Ferr. phos.

Obstinate cases may call for the remedies in the 30th potency, when the indicated remedies may be taken together on rising and again on retiring.

ANEURISM

Calc. fluor. 6x before meals.

Ferr. phos. 6x after meals.

If accompanied by great anxiety give Kali phos. 30 night and morning.

ANGINA PECTORIS (Neuralgia of the heart)

Mag. phos. 6x before meals. Kali phos. 6x after meals. For attacks dissolve six tablets of each in half a cup of hot water and take in frequent sips.

ANTHRAX

Kali phos. 6x before meals. Silica 6x or 8x after meals. After two weeks take Calc. sulph. 6x instead of Silica.

APPENDICITIS

Give Ferr. phos. 6x in hot water in frequent sips. After an hour repeat, but add Kali mur. 6x to the hot water. If pain persists call professional aid. Mag. phos. 6x may be given every hour for the pain.

APPETITE (Poor)

Nat. phos. 6x with Nat. sulph. 6x before meals. Calc. phos. 3x or 6x after meals. If the appetite is excessive give Nat. mur. 6x before meals.

ARTHRITIS

Nat. phos. 3x or 6x with Ferr. phos. 6x before meals. Kali mur. 6x with Calc. fluor. 6x after meals. Silica 6x or 12x on rising and again on retiring.

Many cases report better results by dissolving the salts (doses taken at the same times as above) in a little hot water—a tablespoonful will do—and taken in minute sips.

ASPHYXIA

Kali phos. 6x, Nat. mur. 6x and Ferr. phos. 6x. Dissolve six of each together in hot water and administer in frequent sips. May be taken dry on the tongue if necessary.

ASTHMA

Nervous asthma: Kali phos. 6x before meals.
Gasping and tightness: Mag. phos. 6x, Nat. sulph. 6x before meals.
Salivation: Nat. mur. 6x after meals.
Worse in damp weather: Nat. sulph. 6x after meals.
Bilious: Nat. sulph. 6x with Kali mur. 6x after meals.
Worse in a heated atmosphere: Kali sulph. 6x on rising and on retiring, or whenever necessary.
Aggravated when in a dusty atmosphere: Silica 6x or 8x before meals.
Cardiac asthma: Kali phos. 6x before meals. Kali mur. 6x after meals.
With anæmia: Calc. phos. 6x with any other indicated remedy before meals. (See anæmia.)

ATROPHY

Calc. phos. 3x or 6x before meals. Silica 6x or 8x after meals. Kali mur. 6x before meals if the above fail.

Try to locate and treat the cause.

AUTO-TOXÆMIA (Self-poisoning)

Scores of ailments have their origin in self-poisoning from a toxic colon.

Nat. phos. 3x before meals. Kali phos. 6x and Kali mur. 6x after meals.

The diet should be attended to and plenty of fresh fruits and salads eaten. Keep the bowels active with a laxative breakfast of soaked prunes and "All-Bran," moistened with half milk and water in which a teaspoonful of molasses has been dissolved. If badly constipated treat accordingly.

A. N. ... 4662
Date - 22-08-14

BALDNESS (See alopecia).

BARBER'S ITCH

Nat. phos. 3x or 6x with Nat. sulph. 6x before meals. Mag. phos. 6x with Kali mur. 6x after meals.

If the above fail try Calc. sulph. 6x before meals and Calc. phos. 6x after meals.

BED SORES

Kali phos. 6x before meals. Ferr. phos. 6x after meals. Also, crush ten of each of the salts in a small bowl of hot water. Wring out a clean linen pad in the solution and apply as a compress. Renew every few hours.

BED-WETTING (Enuresis)

Ferr. phos. 6x with Kali phos. 6x before meals. Calc. phos. 3x or 6x after meals. Silica 6x or 12x on rising and on retiring. If worms are a cause treat as for worms.

BILIOUSNESS

Nat. sulph. 3x or 6x before meals. Calc. sulph. 6x after meals.

White-grey tongue: Give Kali mur. 6x instead of Calc. sulph. If there is acidity give Nat. phos. 3x with the Nat. sulph.

Bilious fever: Nat. phos. 3x, Nat. sulph. 6x, Ferr. phos. 6x and Nat. mur. 6x. Dissolve three of each in hot water and take in frequent sips. Repeat as necessary.

BITES AND STINGS

Nat. mur. 6x, Nat. phos. 6x, Kali phos. 6x. Dissolve five of each in hot water and take in frequent sips. Also make a stronger solution of the same salts and apply as a compress.

BLADDER DISORDERS

Cystitis: Ferr. phos. 6x with Kali mur. 6x before meals. Nat. phos. 6x after meals.

Constant urge to urinate: Mag. phos. 6x with Calc. phos. 6x before meals. Nat. phos. 6x and Nat. sulph. 6x after meals.

Stone: Calc. phos. 6x and Silica 6x before meals; Mag. phos. 6x and Nat. sulph. 6x after meals.

BLISTERS

Nat. mur. 6x before meals. Kali phos. 6x and Ferr. phos. 6x after meals. Five of each salt dissolved together in tepid water may be used as a local compress.

BLOOD POISONING

Kali phos. 6x and Mag. phos. 6x before meals. Nat. phos. 6x after meals.

BLOOD PRESSURE

High: Calc. fluor. 6x or 12x before meals. Ferr. phos. 6x after meals. Silica 12x on retiring nightly.

Emotional causes: Kali phos. 6x before meals and Nat. mur. 6x after meals. Hot foot baths are most helpful.

Low: Treat as for anæmia.

BOILS (Treat as for Abscess)

BRUISES

Ferr. phos. 6x and Kali mur. 6x. Take together before or after meals. For local treatment dissolve five of each in hot water and apply as a compress when nearly cold.

BREATH (Offensive)

Nat. phos. 3x and Nat. sulph. 3x before meals.
Kali phos. 6x after meals.

BREATHLESSNESS (Treat as for heart weakness, anæmia or asthma according to nature and causes).

BRONCHITIS

First stage: Ferr. phos. 3x or 6x every two hours.
Second stage (thick, white phlegm): Kali mur. 6x every two hours.

Watery, greenish-yellow expectoration: Kali sulph. and Nat. mur. both in 6x together every two hours.

Chronic: Nat. mur. 6x and Kali mur. 6x before meals. Ferr. phos. 6x after meals.

Better and quicker results are usually obtained in acute states if the salts are administered in hot water in frequent sips.

In chronic conditions the general health must be built up with proper dieting.

BUNIONS

Calc. fluor. 6x before meals and Kali mur. 6x after meals. Locally apply a compress of the above salts in hot water night and morning.

BURNS

Ferr. phos. 3x and Kali mur. 6x before meals. Kali sulph. 6x after meals. Dissolve a few' of each in hot water and make a compress, which should be applied when tepid or cold. Renew every hour until easier. (See also blisters.)

Suppuration, to promote: Silica 6x. To suppress: Calc. sulph. 6x.

CARBUNCLE (Treat as for abscess).

CATARRH

Acute: Ferr. phos. 6x and Nat. mur. 6x every two hours. If thick catarrh use Kali mur. 6x instead of Nat. mur.

Chronic. Kali mur. 6x before meals and Calc. phos. 3x after meals.

CHAPS AND CHILBLAINS

Calc. phos. 3x before meals. Kali mur. 6x after meals. Kali phos. 6x and Nat. sulph. 6x together night and morning. For local application dissolve five tablets of each of Calc. phos. 3x and Kali mur. 6x in hot water and apply as a compress; renew frequently, but when necessary a compress may remain on all night.

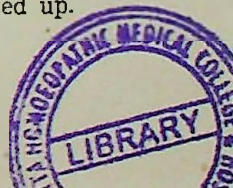
CHICKEN POX

Dissolve five tablets of Ferr. phos. 6x and five of Kali mur. 6x in a cup of hot water and sip a dessertspoonful every hour. For watery pustules add five tablets of Nat. mur. 6x. When the rash is suppressed take three tablets of Kali sulph. 6x every two hours.

COLDS

Dissolve six tablets of each of Ferr. phos. 3x, Kali mur. 6x and Nat. mur. 6x in a tumbler of hot water. Give a dessertspoonful in sips every hour. When the cold is not "runny" omit the Nat. mur. If feeling worse in a heated atmosphere give Kali sulph. 6x every three hours in addition to the above.

Instead of hot water the salts may be dissolved in hot lemon made from fresh lemons (not the bottled juice) and sweetened with pure honey. Keep the solutions warm until used up.



After a cold build up with Calc. phos. 3x before meals and take a dose of Silica 8x or 12x at night on retiring.

COLIC

Nat. sulph. 6x and Mag. phos. 6x before meals; or dissolve five of each in hot water and take in frequent sips.

Much gas in the bowels: Mag. phos. 6x, Nat. sulph. 6x and Kali sulph. 6x in hot water as above.

If worms are a cause, see under worms.

Painter's colic: Nat. sulph. 2x before meals. Mag. phos. 6x after meals.

Menstrual colic; Mag. phos. 6x and Kali phos. 6x before meals. Ferr. phos. 6x after meals. Or, take in hot water when pain is severe.

COLITIS

Acute: Ferr. phos. 6x before meals. Kali mur. 6x after meals. Kali phos. 6x night and morning. If much pain is present add Mag. phos. 6x to the Ferr. phos. and Calc. phos. 6x to the Kali mur.

COLLAPSE

Kali phos. 6x, Mag. phos. 6x, Nat. mur. 6x. Six of each in hot water in frequent sips.

COMA (As for collapse).

CONCUSSION OF BRAIN

Kali phos. 6x, Mag. phos. 6x, Nat. sulph. 6x. Administer in hot water in frequent sips. Later give the first two together before meals and Nat. sulph. after meals for a time.

CONGESTIONS

Ferr. phos. 3x or 6x, Kali mur. 6x, Nat. mur. 6x.
Take in hot water; or Ferr. phos. before meals
and the other two salts after meals.

CONJUNCTIVITIS (See eyes).

CONSTIPATION

Nat. mur. 6x before meals. Nat. sulph. 6x after
meals. If very acid take Nat. phos. 6x with the
Nat. sulph.

Light coloured stools: Take Kali mur. 6x with
the Nat. mur. before meals.

Dry, hard stools: Nat. mur. 6x.

Dark stools: Nat. sulph. 6x.

Bowels seem paralysed: Three tablets of Kali
phos. 6x on rising and on retiring.

Laxatives cannot cure constipation. As bowel
movement is so essential it is advisable to employ
diet, exercise and natural remedies. A breakfast
of soaked prunes with "All-Bran" and moistened
with a teaspoonful of molasses in half milk and
water is recommended. When the liver is very
sluggish and the salts with other natural methods
prove not to be sufficient, a vegetable laxative may
be used at night until the bowel action improves.

CORNS

Calc. fluor. 6x and Kali mur. 6x before meals.
Silica 6x or 8x after meals. Dissolve a few tablets
or all three remedies in a little hot water and
apply as a compress to be kept on all night. Neat
lemon juice is also a very good local application.

COUGH

Dry, hard, tickling: Ferr. phos. 3x or 6x every hour. Kali mur. 6x before meals.

Croup: Kali mur. 6x and Kali sulph. 6x before meals. Calc. phos. 6x after meals. Or, dissolve five tablets of all three salts in hot water and take a dessertspoonful in sips every two hours.

Whooping cough (see whooping cough).

Note nature of exudations with all coughs. (See exudations.)

CRACKED LIPS

Nat. mur. 6x and Calc. fluor. 6x before meals. Silica 6x or 8x after meals.

CRAMP

Mag. phos. 6x before meals. Calc. phos. 6x after meals. For repeated acute attacks dissolve five of each in hot water and take in sips. Repeat every three hours.

CROUP (See cough)

CYSTITIS (See bladder)

CYSTS

Calc. phos. 6x before meals. Silica 8x or 12x after meals. Nat. mur. 6x for watery cysts, before meals.

DANDRUFF (Treat as for alopecia).

DEAFNESS

Chief remedies are: Ferr. phos. 6x and Kali mur. 6x before meals. Calc. sulph. 6x after meals. Silica 12x night and morning.

Nervous causes: Kali phos. 6x before meals.
From taking quinine: Nat. mur. 12x night and morning.
From colds: Kali mur. 6x before meals. Nat. mur. 6x after meals. Seek professional advice in stubborn cases.

DEBILITY

Treat causes such as anaemia, sexual excesses, exhausting illness, etc., and treat accordingly.
Calc. phos. 6x, Kali phos. 6x and Nat. Mur. 6x are the chief remedies, with a dose of Silica 30 on retiring twice weekly.

DENTAL TROUBLES

With fever: Ferr. phos. 6x before meals. Kali sulph. 6x after meals.
Pain: Mag. phos. 6x when necessary. Dissolve in hot water or milk for better effects. Give Ferr. phos. 6x if better for cold.
Slow dentition: Calc. phos. 3x before meals. Silica 8x at night.
Enamel deficiencies: Calc. fluor. 6x before meals. Calc. phos. 6x after meals. Silica 8x or 12x on retiring.
Decay: (As for enamel deficiencies).

DEPRESSION (See mental states)

DERMATITIS

Ferr. phos. 6x, Kali sulph. 6x before meals. Kali mur. 6x after meals.

DIARRHOEA

Chronic: Nat. sulph. 3x or 6x before meals. Calc. phos. 6x after meals. Ferr. Phos. 3x or 6x often helpful, especially for the weak and aged.

Alternated with constipation: Nat. phos. 3x before meals. Nat. sulph. 6x after meals. Nat. mur. 6x sometimes helpful.

Passing rice water: Nat. sulph. 6x before meals. Kali phos. 6x and Nat. mur. 6x after meals.

Sharp pain: Mag. phos. 6x when necessary.

From unripe fruit: Nat. phos. 3x every hour until better.

Passing yellow mucous: Nat. phos. 3x before meals. Kali mur. 6x after meals.

Offensive: Kali phos. 6x after meals.

(See also state of tongue for further indications.)

DILATION OF HEART

Calc. fluor 6x or 8x before meals. Kali phos. 6x and Ferr. phos. 6x after meals.

DILATION OF STOMACH

Mag. phos. 6x, Calc. fluor. 6x or 8x before meals. Nat. phos. 6x and Kali phos. 6x after meals.

DIPHTHERIA

Dissolve ten tablets of each of Ferr. phos. 6x and Kali mur. 6x in a cupful of hot water, and give a teaspoonful every few minutes. A mixture of fresh lemon juice and warm water may also be used, giving a teaspoonful between each dose of the salts. This helps to keep the throat clear. Also give a dose of Kali phos. 6x every three hours.

DUODENAL ULCER

Nat. mur. 6x before meals. Nat. sulph. 6x and Kali phos. 6x after meals. Ferr. phos. 6x on rising and on retiring.

Good quality slippery elm food is highly recom-

mended; indeed the sufferer may live on this alone (four cups daily) for a week, when recovery should have been made, provided the cell salts have been given as well. During the slippery elm treatment diluted fruit and/or vegetable juices may also be taken when and as desired.

DYSENTERY (Treat as for diarrhœa).

DYSMENORRHŒA (Painful menstruation)

Ferr. phos. 6x with Kali phos. 6x before meals.
Mag. phos. 6x after meals.

Too early, or too profuse: Nat. mur. 6x after meals.

DYSPEPSIA (Indigestion)

A clever doctor once said that indigestion was the only disease, and that all other troubles had their origin in the stomach and intestines. While we cannot wholly agree with the doctor, there is a great deal in his contention. No doubt, a disordered stomach leads to mal-nutrition, auto-toxaemia and a host of disorders.

Nervous: (Treat as for neurasthenia).

Acid: Nat. phos. 3x or 6x before meals. Calc. phos. 3x after meals.

Watery risings: Nat. mur. 6x before meals. Nat. phos. 6x after meals.

Flatulence: Mag. phos. 6x, Calc. phos. 6x before meals. Kali mur. 6x after meals. Great flatulence and pain can usually be given instant relief by dissolving eight tablets of Mag. phos. 6x in a cup of really hot water, and taking the whole in small sips.

Vomiting: Nat. mur. 6x before meals. Ferr. phos. 6x, Kali mur. 6x after meals. (Also see indications under tongue.)

DYSPHAGIA (Difficulty in swallowing)

Nat. mur. 6x before meals. Kali mur. 6x after meals.

Obstruction in throat: A few tablets of Silica 6x also Mag. phos. 6x in hot water, taken in frequent sips.

DYSPNŒA

Kali phos. 6x and Nat. mur. 6x. Dissolve five of each in hot water and take in frequent sips.

If the heart is affected treat accordingly.

EAR AFFECTIONS

Pain: Ferr. phos. 6x before meals. Mag. phos 6x after meals.

Swelling: Kali mur. 6x before meals. Ferr. phos. 6x after meals. Nat. phos. 6x night and morning.

Hearing better in a noise: Kali mur. 6x before meals. Nat. mur. 6x after meals.

Noises in ears: Ferr. phos. 6x, Nat. mur. 6x before meals. Kali mur. 6x, Kali phos. 6x after meals. Sometimes a dose of Nat. mur. 200 will promptly rectify the trouble.

Catarrh of the middle ear: Kali mur. 6x before meals.

(See also deafness.)

ECZEMA

Kali mur. 6x, Kali phos. 6x before meals. Nat. phos. 6x, Nat. sulph. 6x after meals.

Bends of joints and eyebrows: Nat. mur. 6x before meals.

Burning sensations: Kali sulph. 6x before meals.

EMISSIONS (See genital weakness and spermatorrhœa).

ENDOCRINE DEFICENCIES

Kali phos. 6x before meals. Calc. phos. 6x after meals. Silica 12x on retiring nightly.

ENURESIS (See bed-wetting).

EPIDEMICS

To help prevent infection: Ferr. phos. 6x on rising. Kali mur. 6x on retiring.

ERYSIPELAS

Ferr. phos. 6x, Kali sulph. 6x before meals. Kali mur. 6x, Nat. phos. 6x after meals. Nat. sulph. 6x with Silica 6x or 8x night and morning. Professional advice is advocated.

EXUDATIONS (A valuable guide to remedy selection)

Albuminous: Calc. phos. 6x before meals. Nat. mur. 6x after meals.

Bloody: Ferr. phos. 6x before meals. Calc. fluor. 6x after meals.

Clear: Nat. mur. 6x before meals.

Greyish-white: Kali mur. 6x before meals.

Yellow: Nat. phos. 6x before meals. Kali mur. 6x with Kali sulph. 6x after meals.

Milky: Calc. phos. 3x or 6x before meals.

Ropy: Kali mur. 6x before meals.

Green: Nat. sulph. 6x before meals. Nat. phos. 6x after meals.

Watery: Nat. mur. 6x before meals.

Sour odour: Nat. phos. 6x before meals.

Septic: Kali phos. 6x before meals.

Hard, lumpy: Calc. fluor. 6x before meals. Kali mur. 6x after meals.

Painful: Calc. fluor. 6x before meals. Mag. phos. 6x after meals.

EYES

(According to exudations, if any.)

Iritis: Ferr. phos. 6x, Kali mur. 6x before meals.
Nat. mur. 6x, Silica 6x or 8x after meals.

Conjunctivitis: Ferr. phos. 6x, Nat. phos. 6x before meals. Nat. sulph. 6x, Calc. fluor. 8x after meals.

Nervous causes: Kali phos. 6x before meals.
Mag. phos. 6x after meals. Nat. phos. 6x night and morning.

Spots on cornea: Calc. fluor. 6x or 8x before meals.

Styes: Calc. fluor. 6x or 8x before meals. Silica 8x after meals.

Eye-strain: Kali phos. 6x before meals. Calc. fluor. 6x or 8x after meals.

Ulcers: Calc. phos. 3x and Calc. sulph. 6x before meals. Ferr. phos. 3x or 6x after meals.

FACE-ACHE

Mag. phos. 6x, Kali phos. 6x before meals. Ferr. phos. 6x after meals.

Swelling: Kali mur. 6x before or after meals.
For several pain dissolve six of each of the indicated salts in hot water and take in sips every few minutes.

FATIGUE (Treat as for anæmia).

FEAR (See mental states).

FEET

Sore, hot, aching: Kali phos. 6x before meals.
Mag. phos. 6x and Silica 6x or 8x after meals.

Sweaty feet: Silica 12x on retiring nightly.

(See also chilblains and ingrowing toenail.)

FELON

Calc. fluor. 6x, Calc. sulph. 6x before meals.
Silica 6x after meals. The salts dissolved in
hot water may also be used as a compress.
Renew frequently. A slice of cut lemon bound
over the affected part is also helpful.

FESTERS (Treat as for felon).

FEVERS (See various headings)

Ferr. phos. and Kali mur. are the chief remedies.

FIBROSITIS

Ferr. phos. 6x, Nat. phos. 6x before meals. Silica
8x after meals.

FISTULA

Calc. phos. 3x or 6x, Calc. fluor. 6x before meals.
Silica 6x or 8x after meals.

FLATULENCE (See dyspepsia).

FLOODING

Kali phos. 6x, Kali sulph. 6x before meals. Ferr.
phos. 6x, Nat. mur. 6x after meals. Silica 12x
on retiring nightly.
(See also menopause.)

FRACTURES

To promote healing: Calc. phos. 3x before meals.
Ferr. phos. 6x after meals.

GALL-STONES

Nat. phos. 3x or 6x before meals. Nat. sulph. 3x
or 6x after meals. Silica 6x or 8x night and
morning.

Colic: Mag. phos. 6x as and when required (in hot water for more speedy effects).

GANGRENE

Kali phos. 6x, Calc. sulph. 6x before meals. Kali mur. 6x, Nat. phos. 6x after meals. If necessary to promote suppuration give occasional doses of Silica 6x.

Salts may be dissolved in warm water and used as a compress if necessary. Do not apply hot.

GASTRIC ULCER

Nat. phos. 6x before meals. Kali phos. 6x, Kali mur. 6x after meals.

GASTRITIS

Ferr. phos. 6x, Kali mur. 6x before meals. Kali phos. 6x, Kali sulph. 6x after meals. Use Nat. phos. 3x or 6x instead of Kali sulph. if there is much acidity.

Slippery elm is a good healing food.

GENITAL WEAKNESS & SEXUAL NEURASTHENIA

Calc. phos. 6x, Nat. phos. 6x before meals. Kali phos. 6x, Kali sulph. 6x after meals. Silica 12x at night.

Sane living habits are essential, and the sufferer must build up with healthy exercise and dieting.

GOUT

Nat. phos. 6x, Ferr. phos. 6x before meals. Nat. sulph. 6x, Silica 6x or 8x after meals.

Swellings: Kali mur. 6x on rising, at 11 a.m., and again on retiring.

Much pain: Take Mag. phos. 6x with the Kali mur., or on its own.

GRAVEL (See bladder disorders—stone).

GUMS

Gumboil, hard: Calc. fluor. 6x or 8x before meals.
Kali mur. 6x after meals.

To promote suppuration: Silica 6x or 8x instead of Kali mur.

Inflamed gums: Ferr. phos. 6x before meals.

Pale gums: Calc. phos. 6x before meals.

(See also pyorrhœa.)

For gumboil the salts should be dissolved in the mouth as slowly as possible.

HÆMORRHAGES

Dark blood: Ferr. phos. 6x, Kali mur. 6x before meals.

Bright red: Ferr. phos., Calc. fluor. 6x before meals.

Thin and watery: Ferr. phos., Nat. mur. 6x before meals.

The above for tendency to hæmorrhage and periodic bleeding.

For sudden hæmorrhage dissolve ten of each indicated salt in a little tepid water and administer in frequent sips. Do not give in hot water.

HÆMORRHOIDS

Calc. fluor. 6x or 8x before meals. Ferr. phos. 3x or 6x after meals.

If constipation is present treat accordingly.

Locally, the salts may be dissolved in warm water, applied as a compress to the anus and kept in position with a suitable bandage all night. Apply when cold.

HAIR (See alopecia).

HAY FEVER

Nat. sulph. 6x before meals. Nat. mur. 6x after meals. Ferr. phos. 6x on rising. Kali phos. 6x on retiring.

The first two salts may be dissolved in warm water, a little placed in the palm of the hand, and sniffed up each nostril several times daily.

HEADACHE

Kali phos. 6x, Mag. phos. 6x before meals. Nat. phos. 6x after meals. For speedy relief dissolve six of all three salts in hot water and take in frequent sips.

It is necessary to locate and treat causes for continual headaches: indigestion, toxaemia blood pressure, acidity, nervous trouble, etc. A really hot foot bath is usually very helpful.

HEART WEAKNESS

To tone the heart: Kali phos. 6x before meals. Mag. phos. 6x after meals.

Weak heart muscle: Kali phos. 6x before meals. Calc. fluor. 8x and Silica 8x after meals.

It is necessary also to treat any contributing causes.

(See also angina pectoris, aneurism, blood pressure.)

HEARTBURN (Treat as for dyspepsia).

HERNIA

Calc. fluor. 6x or 8x, Calc. phos. 6x before meals. Ferr. phos. 6x after meals. Silica 8x on retiring.

HERPES (See shingles).

HICCOUGH

Mag. phos. 3x or 6x. Dissolve ten tablets in hot water and take in frequent sips. For the tendency to hiccough take Mag. phos. 6x before meals for a short time.

HIVES (See nettlerash).

HYSTERIA (See mental states).

IMPOTENCY (See genital weakness).

INCONTINENCE OF URINE (See bed-wetting & bladder).

INDIGESTION (See dyspepsia).

INFANTS' TROUBLES

Feverishness: Ferr. phos. 3x or 6x. For the very young give in warm water or milk—one tablet every hour until fever has gone. Children over two years, two tablets to a dose.

To promote growth of tissues, bones and teeth: Calc. phos. 3x before meals, three times daily. Crush the tablets for babies; or give in a little warm milk or water.

Digestive trouble: Nat. phos. 3x with Mag. phos. 6x before feeds, or before meals with older children. For babies the crushed tablets or powder may be added to the feeds.

Irritability: Kali phos. and Mag. phos. 6x as required.

Very backward, with poor development: Silica 6x night and morning.

(See also dental troubles.)

INFLUENZA

Ferr. phos., Kali mur., Nat. sulph. 3x or 6x. Dissolve ten of each in a tumbler of hot water and take in teaspoonful doses every hour until fever

has subsided; then less frequently.

Head much affected: Add a few tablets of Kali sulph. 6x to the mixture.

Pains in limbs and bones: Add Kali mur. 6x.

Watery symptoms call for Nat. mur. 6x.

Always give the three main remedies and select either of the others according to symptoms.

Give plenty of hot lemon and honey with a pinch of powdered cinnamon added.

To build up after the attack take Kali phos. 6x before meals and Calc. phos. 6x after meals.

INGROWING TOE-NAIL

Calc. fluor. 6x, Ferr. phos. 6x before meals. Kali mur. 6x after meals. A V-shaped notch should be cut in the centre of the nail. Powder up three tablets of each salt and well mix in a teaspoonful of olive oil. Apply a small compress of this to the nail every night.

INJURIES (See accidents)

INSOMNIA

Kali phos. 6x before meals, and in hot water on retiring. Mag. phos. 6x after meals, and with Kali phos. on retiring.

Treat the cause, which may be nervous, indigestion, a mental state, etc. A deep, hot foot bath at night will be helpful.

ITCHING

Nat. phos. 3x before meals. Kali phos. 6x and Mag. phos. 6x after meals. Irritable areas of the skin may be sponged with a solution of the above salts in tepid water at any time.

JAUNDICE

Nat. sulph. 3x, Kali mur. 6x before meals. Nat. mur. 6x, Kali sulph. 6x after meals.

JOINTS

Creaking: Nat. phos. 3x or 6x before meals. Nat. mur. 6x after meals.

Swellings: Calc. fluor. 6x, Ferr. phos. 6x before meals. Kali mur. 6x after meals. Six tablets of each dissolved in hot water may be applied as a local compress at any time.

KIDNEYS

Inflammation: Ferr. phos. 6x, Kali mur. 6x before meals. Nat. phos. 6x, Nat. mur. 6x after meals.

(See also under bladder.)

LABOUR (See pregnancy).

LACTATION

To encourage: Calc. phos. 3x or 6x before meals. Nat. mur. 6x after meals.

To lessen: Calc. fluor. 6x before meals. Nat. sulph. 6x after meals.

LARYNGITIS

Ferr. phos. 3x or 6x before meals. Kali phos. 6x after meals.

Dryness: Calc. fluor. 6x before meals. Nat. mur. 6x after meals.

(See also catarrh.)

LEUCORRHŒA

Profuse: Silica 6x or 12x before meals. Kali mur. 6x after meals.

Irritation: Nat. mur. 6x before meals. Mag. phos. 6x after meals.
(See exudations and treat accordingly.)

LIPS (See cracked lips).

LIVER DISORDERS (See biliousness & jaundice).

LOCK-JAW (Tetanus)

Dissolve six of each of Mag. phos., Kali phos. and Nat. mur. 6x in hot water and administer in frequent drops. Place the feet in a bowl of hot water and obtain professional aid.

LOSS OF MEMORY (See mental states).

LOSS OF VOICE

From colds and excessive speaking: Ferr. phos. 6x and Kali mur. 6x in hot water, taken in sips. Repeat if necessary. Or give the salts before meals three times daily.

Nervous causes: Kali phos. 6x before meals. Mag. phos. 6x after meals.

LUMBAGO

Ferr. phos. 6x before meals. Nat. phos. 3x or 6x, Nat. mur. 6x after meals.

From strains: Calc. fluor. 6x before meals. Calc. phos. 6x after meals.

MALARIA

Nat. sulph. 3x or 6x. Take before meals, or, for acute attacks, dissolve ten tablets in a cup of hot water and take in frequent sips. Repeat as necessary.

For water symptoms add a few tablets of Nat. mur. 6x.

In all cases three tablets of Ferr. phos. 6x every two hours.

MALNUTRITION (Treat as for anæmia). (Attend to causes).

MASTOID

Ferr. phos. 3x before meals. Calc. sulph., Kali mur. 6x after meals. Better given in hot water. Seek professional advice.

MASTURBATION

Calc. phos. 3x or 6x before meals. Kali phos. 6x after meals. Silica 12x on retiring. If acidity is present take Nat. phos. 6x with the Calc. phos.

MEASLES

Ferr. phos. 3x or 6x before meals. Kali mur. 6x after meals.

A better way is to dissolve six tablets of each together in a cup of hot water and give a dessert-spoonful in sips every two hours.

Afterwards build up with Calc. phos. 3x or 6x before meals, and Kali phos. 6x after meals.

MIGRAINE

Kali phos. 6x, Mag. phos. 6x before meals. Nat. phos. 3x, Nat. sulph. 3x after meals.

Ferr. phos. 6x on rising. Silica 6x or 12x on retiring.

For acute attacks dissolve six tablets of the first four salts in a cup of hot water and take in frequent sips.

Hot foot baths are helpful. Avoid fats in the diet, especially animal fats. Adopt an acid-free diet.



MELANCHOLIA (See mental states).

MENOPAUSE (Change of life)

Ferr. phos. 6x, Kali phos. 6x before meals. Calc. phos. 6x, Nat. phos. 6x after meals. Silica 12x at night. Kali sulph. often helpful.
(Also treat according to symptoms.)

MENSTRUAL TROUBLE (See amenorrhœa & dysmenorrhœa).

MISCARRIAGE (See Abortion).

MENTAL STATES

Anxiety: Kali phos. 30. Night and morning.

Depression: Kali phos. 30 on rising. Nat. mur. 30 on retiring.

Fear: Kali phos. 30 on rising. Silica 30 on retiring.

Hysteria: Nat. mur. 30 on rising. Kali phos. 30 on retiring.

For immediate effects dissolve five of each salt in hot water and administer in frequent sips.

Inferiority feeling: Kali phos. 30 on rising. Silica 30 on retiring.

Irritability: Kali phos. 30 on rising. Mag. phos. 30 on retiring.

Memory (loss of): Kali phos. 30 on rising. Mag. phos. 30 before lunch. Nat. mur. 30 before the evening meal. Silica 30 on retiring.

Melancholia: Kali phos. 30 on rising. Nat. mur. 30 on retiring.

Shock: Kali phos. 30 on rising. Nat. mur. 30 on retiring. For immediate effects dissolve five of each in a little hot water and take in frequent sips.

worry: Kali phos. 30 on rising. Nat. mur. 30 before lunch. Silica 30 on retiring.

Even better results may be obtained by giving the remedies in the 200th potency, in which case each remedy should be given twice weekly only for three or four weeks. Do not take on following days, but every third or fourth day. It is better not to take other remedies while on high potencies.

MORNING SICKNESS

Nat. mur. 6x on rising and before lunch. Nat. phos. 6x after each meal. Kali phos. 6x on retiring.

NAILS

Thin, brittle: Calc. phos. 3x or 6x before meals. Silica 8x after meals.

Thick, crumbly: Calc. fluor. 6x, Nat. mur. 6x before meals. Silica 8x after meals.

NETTLERASH

Kali phos. 6x, Mag. phos. 6x before meals. Nat. mur. 6x, Nat. sulph. 6x after meals. If greatly distressed give five or six tablets of each salt in hot water in frequent sips.

NEURALGIA

Kali phos. 6x before meals.

Worse for heat: Ferr. phos. 6x before meals.

Kali sulph. 6x after meals.

Worse for cold: Mag. phos. 6x after meals.

Obstinate: Silica 8x, Mag. phos. 6x before meals.

Calc. sulph. 6x after meals.

Worse at night: Kali sulph. 6x after meals.

For acute pain dissolve six of each of the indicated salts in a cup of hot water and take in frequent sips. Take tepid if worse for heat.

NEURASTHENIA

Kali phos. 6x before meals. Mag. phos. 6x and Calc. phos. 6x after meals. Nat. phos. 6x on rising. Ferr. phos. 6x on retiring. Remedies usually act better in hot water. In the event of failure try 30th potencies, but take less frequently; each item to be taken not more than twice daily. Silica 30 twice weekly, on retiring. (See also mental states and genital weakness.)

NEURITIS (Treat as for neuralgia).

NIGHTMARE

Kali phos. 6x, Nat. phos. 6x before meals. Nat. mur. 6x on rising and on retiring. Treat the causes. Hot foot baths at night are helpful; also breathing exercises.

NIGHT SWEATS

Kali sulph. 6x before meals. Silica 12x after meals.

(Also treat as for debility if necessary.)

OBESITY

Nat. mur. 6x, Nat. phos. 6x before meals. Calc. phos. 6x after meals. If the fault should lie in the thyroid gland take Kelp as a curative food-remedy.*

*Read "KELP THE HEALTH-GIVER," by Eric F. W. Powell.

OVARITIS (Inflammation of the ovaries)

Ferr. phos. 6x before meals. Kali mur. 6x after meals. Take in hot water for preference.
Much pain: Mag. phos. 6x after meals.

PAIN

Wandering: Kali sulph. 6x before meals. Mag. phos. 6x after meals.

Relieved by cold: Ferr. phos. 6x before meals. Kali mur. 6x after meals.

Better from pressure: Mag. phos. 6x before meals.

Worse from pressure: Ferr. phos. 6x before meals. Kali mur. 6x after meals.

With twitching and "fidgets": Mag. phos. 6x before meals.

Better in the open air: Kali sulph. 6x before meals.

Worse in heated atmosphere: Kali sulph. 6x before meals.

Congestive: Ferr. phos. 6x before meals. Kali sulph. 6x after meals.

Cramp-like pains: Mag. phos. 6x before meals.

With trembling: Mag. phos. 6x before meals.

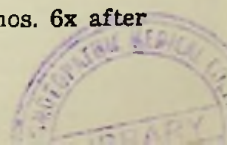
With restlessness: Mag. phos. 6x before meals. Kali phos. 6x after meals.

Better for warmth: Mag. phos. 6x before meals.

When pains are acute dissolve six or more tablets of the indicated remedy, or remedies, in a cup of hot water and take in frequent sips. Repeat as necessary.

PALPITATION

Kali phos. 6x before meals. Mag. phos. 6x after meals. Treat the cause.



(See dyspepsia, heart weakness, blood pressure. There may be one or more causes for palpitation.)

PANCREATIC WEAKNESS

Nat. sulph. 6x before meals. Kali mur. 6x, Nat. phos. 6x after meals. Kali phos. 6x night and morning.

PERITONITIS

Dissolve six tablets of each of Ferr. phos. 6x, Kali mur. 6x, Kali sulph. 6x and Mag. phos. 6x in a cup of hot water, and take in sips. Seek immediate professional advice.

PERSPIRATION

To promote: Kali sulph. 6x in hot water in frequent sips.

To reduce: Silica 12x night and morning.

PHARYNGITIS (As for laryngitis).

PHLEBITIS

Ferr. phos. 6x, Kali mur. 6x before meals. Nat. phos. 6x, Calc. fluor. 6x after meals. Kali phos. 6x on retiring.

A solution of the first four salts may be made into a compress and applied cold over the affected area each night. Retain on until the morning. If remaining indoors a compress may be worn during the day. A wide crepe bandage is suitable for this purpose: soak the first section in the solution and wind the remainder of the dry bandage over the wet section; but do not apply tightly.

PILES (See hæmorrhoids).

PLEURISY

Ferr. phos. 3x or 6x before meals. Kali mur. 6x, Nat. mur. 6x after meals. More effective if taken in hot water in sips.

PNEUMONIA

Dissolve eight tablets of each of Ferr. phos. 3x or 6x, and Kali mur. 6x in a cup of hot water and take in frequent sips. Repeat until better. Also, Kali sulph. 6x morning, noon and night. Give Nat. mur. 6x occasionally if there are watery symptoms.

POLYPI

Calc. phos. 6x before meals, Calc. fluor. 6x or 8x after meals. Nat. mur. 6x on rising and on retiring.

PREGNANCY

For the final three months take Calc. phos. 3x or 6x before meals and Kali phos. 6x after meals. Also Calc. fluor. 6x or 8x on rising and on retiring—certainly for the last month. Kali phos. 6x and Mag. phos. 6x in hot water, taken in frequent sips, will ease labour and promote normal delivery.

(See also morning sickness.)

PREMATURE OLD AGE

Calc. phos. 6x before meals. Kali phos. 6x after meals. Silica 12x on retiring.

PROLAPSUS

Calc. fluor. 6x or 8x before meals. Ferr. phos. 6x after meals. Kali phos. 6x on rising and on retiring.

PROSTATE TROUBLES

Enlargement: Calc. fluor. 6x or 8x before meals.
Kali mur. 6x, Nat. sulph. 6x after meals. Mag.
phos. 6x night and morning.

Inflammation: Ferr. phos. 3x or 6x before meals.
Silica 12x night and morning.

Discharge of fluid: Nat. mur. 6x before meals.
Calc. fluor. 8x after meals.

PSORIASIS

Kali sulph. 6x before meals. Calc. fluor. 6x or
8x, Nat. phos. 6x after meals. Nat. mur. 6x night
and morning.

PULSE

Slow, feeble: Kali phos. 6x, Kali sulph. 6x before
meals. Ferr. phos. 6x after meals.

Full: Ferr. phos. 6x before meals.

Irregular: Kali phos. 6x before meals. Nat. mur.
6x after meals.

Rapid: Ferr. phos. 6x, Kali sulph. 6x before
meals. Kali phos. 6x, Nat. mur. 6x after meals.
Silica 8x or 12x night and morning.

Endeavour to trace and treat causes: heart
weakness, blood pressure, indigestion, flatulence,
anæmia, etc.

PUSTULES (As for acne. See exudations).

PYORRHOEA

Kali mur. 6x, Nat. phos. 6x before meals. Calc.
fluor. 6x after meals. Silica 8x or 12x at night.
In stubborn cases take Calc. sulph. 6x instead of
Nat. phos.

Massage gums every morning with oil of
eucalyptus, and with extract of witch hazel at

night.
(See also gums.)

QUINSY

Ferr. phos. 6x, Kali mur. 6x, Nat. phos. 6x. Dissolve five or six of each in a cup of hot water and take a dessertspoonful in sips every hour. Repeat as necessary.

RHEUMATISM

Fever: Ferr. phos. 6x, Nat. phos. 6x. Dissolve six of each in a cup of hot water and take a dessertspoonful every two hours.

Chronic: Nat. phos. 6x before meals. Silica 8x or 12x after meals.

Joints affected: Nat. phos. 6x before meals. Calc. fluor 6x or 8x after meals. Silica 8x night and morning.

Pain: (See under pain).
(See also arthritis, gout.)

RICKETS

Calc. phos. 3x or 6x before meals. Ferr. phos. 6x after meals. Calc. fluor. 8x on rising. Mag. phos. 6x on retiring.

RINGWORM

Nat. sulph. 6x, Kali sulph. 6x before meals. Calc. sulph. 6x, Nat. mur. 6x after meals. Melt two ounces of petroleum jelly and stir in a dessertspoonful of common paraffin. Well mix. When cool apply gently as an ointment night and morning.

RUPTURE (See hernia).

SCARLET FEVER

Dissolve six tablets of each of Ferr. phos. 3x or 6x and Kali mur. 6x in a cup of hot water (keeping it warm), and give a teaspoonful every hour until fever subsides; then less frequently. Also a dose of Kali sulph. 6x every three hours.

Very drowsy: Nat. mur. 6x every three hours.

Very weak and throat sore: Kali phos. 6x may be added to the first named salts in hot water.

Later, for shedding of skin: Kali sulph. 6x every two hours.

SCIATICA

Ferr. phos. 6x, Kali phos. 6x before meals. Mag. phos. 6x after meals if better for warmth. Nat. phos. 6x on rising and on retiring.

Chronic: Silica 6x or 12x before meals. If this fails try Calc. sulph. 6x before meals.

The leg must be rested as much as possible, and deep massage with hot olive oil over the small of the back and buttock is advised.

SCURVY

Kali phos. 6x before meals. Nat. mur. 6x and Nat. phos. 6x after meals. Calc. sulph. 6x on rising and on retiring.

SEA AND AIR SICKNESS

Kali phos. 6x and Nat. mur. 6x in hot water. Take just before departure. Kali phos. and Nat. mur. may also be taken at intervals during the trip. Nat. phos. 6x before meals also helpful, especially if taken in a little lemon juice.

SENILE DECAY (See premature old age).

SEPTICÆMIA (As for auto-toxæmia).

SEXUAL TROUBLE (See genital weakness, etc.).

SHINGLES

Ferr. phos. 6x, Kali mur. 6x before meals. Nat. mur. 6x after meals. If worse for cold take Mag. phos. 6x instead of Ferr. phos. The remedies often act more quickly taken in hot water. Nat. phos. 6x after meals if acidity is present.

SKIN DISEASES (See headings and exudations).

SLEEP WALKING

Nat. mur. 6x before meals. Kali phos. 6x after meals. Silica 12x on retiring.

SMALLPOX

Give Ferr. phos. 6x, Kali mur. 6x, Calc. sulph. 6x in a cup of hot water (six of each); a dessert-spoonful every hour in sips. Later, Kali phos. 6x before meals and Kali sulph. 6x after meals. It is necessary to obtain professional advice.

SMELL (Loss of)

Silica 12x night and morning. Kali phos. 6x before meals.

SORE THROAT

Catarrhal: According to exudations.

Chief remedies: Ferr. phos. 3x or 6x before meals and Kali mur. 6x after meals. A better way is to dissolve six tablets of each in a cup of hot water and sip a dessertspoonful every hour. Take less frequently as conditions improve.

Relaxed: Add Calc. fluor. 8x to the hot water, or take after meals.

Ulcerated: Kali mur. 6x before meals. Nat. phos. 6x after meals, or in hot water.

SPERMATOHŒA

Calc. fluor. 8x before meals. Calc. phos. 3x or 6x after meals. Nat. phos. 6x before meals if there is acidity. Silica 12x on retiring.

(See also genital weakness.)

SPLEEN TROUBLE

Inflammation: Ferr. phos. 3x or 6x before meals. Kali mur. 6x and Nat. sulph. 6x after meals.

Enlargement: Calc. fluor. 6x or 8x before meals. Nat. mur. 6x after meals.

SPRAINS

Kali mur. 6x before meals. Ferr. phos. 3x or 6x with Calc. fluor. 8x after meals.

A solution may be made of the above salts in tepid water and applied on a bandage. Renew every three hours. Do not bind tightly.

STERILITY

Kali phos. 6x, Calc. phos. 3x or 6x before meals. Nat. mur. 6x and Nat. phos. 6x after meals. Silica 12x night and morning. Give necessary constitutional treatment.

STIFF NECK

Ferr. phos. 6x before meals. Nat. phos. 6x and Nat. mur. 6x after meals.

Add six or eight of each to hot water; soak a wide bandage in the solution and apply round the

throat. Not tightly. Renew every three hours.
May be kept on all night.

STINGS (See bites).

STONE (See bladder).

STOOLS

Acid: Nat. phos. 3x or 6x before meals. Nat. sulph. 6x after meals.

Bilious: Nat. sulph. 3x or 6x before meals.

Black: Kali sulph. 6x before meals. Nat. sulph. 6x after meals.

Blood (piles): (See hæmorrhoids).

Blood (from other causes): Calc. sulph. 6x before meals. Nat. sulph. 6x, Kali phos. 6x after meals.

Foul, offensive: Kali phos. 6x before meals. Kali sulph. 6x after meals. Silica 8x or 12x night and morning.

Clay coloured: Kali mur. 6x before meals. Nat. sulph. 6x after meals.

Frequent: Nat. phos. 3x or 6x before, and Ferr. phos. 3x after meals.

Green: Nat. sulph. 6x before meals. Nat. phos. 6x after meals.

Hard: Nat. mur. 6x, Nat. sulph. 6x before meals. Ferr. phos. 6x after meals.

Loose, jelly-like: Nat. phos. 6x before meals. Nat. sulph. 6x after meals.

Difficult to expel: Nat. mur. 6x, Kali phos. 6x before meals. Silica 8x and Calc. fluor. 6x after meals.

Slimy: Kali mur. 6x before meals. Kali sulph. 6x and Calc. sulph. 6x after meals.

White: Kali mur. 6x, Nat. phos. 6x before meals. Nat. sulph. 6x and Nat. mur. 6x after meals.

Yellow: Kali sulph. 6x before meals. Nat. phos. 6x after meals.

STRICTURE

Calc. fluor. 8x, Silica 8x before meals. Kali mur. 6x after meals.

STYES (See eyes).

SUBLUXATIONS

Before osteopathic adjustments a few tablets of Mag. phos. 6x in hot water will relax the muscles and prove an aid to the manipulator.

After treatment: Mag. phos. 6x before meals. Kali mur. 6x after meals. Ferr. phos. 6x on retiring.

ST. VITUS' DANCE (Chorea)

Calc. phos. 3x before meals. Mag. phos. 6x after meals. Kali phos. 6x on rising and on retiring. Any other remedies according to symptoms.

SUNBURN

Nat. mur. 6x before meals. Ferr. phos. 6x and Kali sulph. 6x after meals. Kali mur. 6x night and morning.

SUNSTROKE

A few tablets of Nat. mur. 6x in hot water. Administer in dessertspoonful doses every few minutes. Then less frequently. Kali phos. 6x before meals. Kali sulph. 6x after meals.

SUPPURATION

To promote: Silica 8x before meals; or in hot water.

To restrain: Calc. sulph. 6x before meals.

SURGICAL OPERATIONS

To promote recovery: Ferr. phos. 6x, Kali phos. 6x before meals. Calc. phos. 6x after meals. Before operations give a few doses of Kali phos. 6x.

SYNCOPE (Fainting)

Kali phos. 6x and Nat. mur. 6x given in hot water in sips.

Habitual: Find and treat causes.

SYNOVITIS

Acute: Ferr. phos. 3x or 6x, Calc. fluor. 8x before meals. Kali mur. 6x after meals.

Chronic: Calc. fluor. 8x before meals. Silica 8x after meals. A wide bandage may be gently wrung out in a solution of the salts and bound round the affected area, but not tightly. Renew every three hours.

TEETHING (See dental troubles).

THROMBOSIS

Ferr. phos. 6x before meals. Kali mur. 6x, Calc. fluor. 8x after meals. Seek professional advice.

TONGUE

Brownish: Kali phos. 6x before meals. Nat. sulph. 6x after meals.

Clay coloured: Calc. sulph. 6x before meals.

Clean and dryish: Mag. phos. 6x, Nat. mur. 6x before meals. In some cases Ferr. phos. 6x after meals.

Yellow: Nat. phos. 3x or 6x before meals. Kali sulph. 6x after meals.

Greenish-grey: Nat. sulph. 3x or 6x before meals.
Grey: Kali mur. 6x before meals.
White: Kali mur. 6x, Calc. phos. 3x before meals.
Kali sulph. 6x after meals.
Mapped: Nat. mur. 6x, Kali mur. 6x before meals.
Nat. sulph. 6x, Calc. fluor. 6x or 8x after meals.
Sensation of hair on tongue: Silica 8x before meals.
Nat. phos. 6x and Nat. mur. 6x after meals.
Red, inflamed: Ferr. phos. 3x or 6x before meals.
Nat. phos. 6x and Nat. sulph. 6x after meals.
Saliva bubbles on tongue: Nat. mur. 6x before meals.

TONSILITIS

Ferr. phos. 6x before meals. Kali mur. 6x after meals.
Calc. fluor. 6x or 8x night and morning.

TOOTHACHE (See dental troubles & face-ache).

ULCERATED STOMACH (See gastric ulcer & gastritis).

ULCERS (Treat as for abscess).

URTICARIA (See nettlerash).

UTERINE DISPLACEMENT (See prolapsus).

VACCINATION

After-effects: Kali mur. 6x, Ferr. phos. 6x before meals.
Nat. phos. 6x, Nat. mur. 6x after meals.

VARICOCELE

Ferr. phos. 6x before meals. Calc. fluor. 6x or 8x after meals.
Silica 8x night and morning.

VARICOSE VEINS

Ferr. phos. 6x before meals. Calc. fluor. 6x or 8x after meals. Silica 8x night and morning.

VOMITING

Treat the cause.

Of blood: Ferr. phos. 3x or 6x, Nat. mur. 6x before meals. Kali mur. 6x, Calc. fluor. 8x after meals. Dissolve a few of each in *tepid* water and administer in sips in emergency. Seek professional aid.

Acid vomit: Nat. phos. 3x or 6x before meals. Nat. sulph. 6x after meals.

Like coffee grounds: Kali phos. 6x before meals. Nat. phos. 6x after meals.

Watery: Nat. mur. 6x before meals.

Hysterical: Kali phos. 6x before meals. Mag. phos. 6x, Nat. mur. 6x after meals.

Undigested food: Ferr. phos. 6x before meals. Nat. phos. 6x after meals.

Green, bilious: Nat. sulph. 3x or 6x before meals. Nat. phos. 6x after meals.

Clean and moist: Nat. mur. 6x, Nat. phos. 6x before meals. Ferr. phos. 6x after meals.

Frothy: Nat. mur. 6x before meals.

Thick fur: Ferr. phos. 6x before meals. Kali mur. 6x after meals.

WARTS

Kali mur. 6x, Nat. sulph. 6x before meals. Silica 8x and Nat. mur. 6x after meals. A solution of the salts may be applied externally and kept on all night.

WHITLOW (See felon).

WHOOPING COUGH

Mag. phos. 6x before meals. Calc. phos. 3x or 6x after meals. The better plan is to dissolve six or eight tablets of each in hot water. Keep warm, and give a dessertspoonful in sips immediately following each attack.

Frothy vomit: Add Nat. mur. 6x.

WORMS

Nat. phos. 2x. Take three tablets before every meal. Mag. phos. 6x and Calc. phos. 3x or 6x night and morning.

WOUNDS (See accidents).

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