

ONE OF MY CASES

DR. NOEL PUDDEPHATT

On November 7th, 1957, a foreign gentleman came to see me and said he had suffered severe headaches for over two years, and had taken all the headache remedies advertised but without result.

The headache commenced in the occiput and spread over the forehead, and then returned to the occiput, with a bursting feeling in the occiput, which even prevented him from walking. Gets attacks of vertigo, and feels as if he will fall on his face.

Is constipated, which he says is worse at week-ends. Has a soreness and pressing pain in the region of the kidneys at night, which is better when up and moving about. Before what he calls the kidney trouble started, he had lumbago, which used to move to his shoulders. Urine clear, no pain on passing it. Feels tired in the head all the time. Headache better by hard pressure. Always likes his head, neck and shoulders well covered in bed. The headaches are worse at night, and he wakes up with one. These pains in his head work up to a crescendo with a bursting feeling, worse any movement, and he feels as if he could cry.

He is : worse draughts, hates them ; warm stuffy rooms depress him, make his feel nervy, and he sweats easily. Better air. Altitudes make him feel as if his ears were going to burst. Perspires a lot. He is worse extreme heat and cold. Likes sitting in the sun. He is better by movement. Vaccinated once only. Likes salt, and used to take a lot. Mouth always bitter. Likes fat and butter. Eats mostly veal. Onions disagree. Thirstless. Fears heights. Tired in a crowd. Worse constriction. Sleeps on his stomach. Talking in sleep (sometimes). Depressed from about 6 to 7 p.m., better after a short sleep.

Easily angered. Arguments cause palpitation. Very obstinate. If worried he is oblivious of everything, and does not even see people. Pity causes tears. Music relaxes. Rain

splashing on his face causes great anger. Impatient. Cannot concentrate. Sometimes when reading everything is a blank. Easily offended. When in a temper goes red. Sensitive to people and what they are thinking. Somewhat suspicious.

November 7th, 1957. The following symptoms were taken into account. Bursting headache from occiput to vertex and forehead. Worse draughts; worse extreme heat and cold. Always likes his head, neck and shoulders well covered. Sore pain in head. Taste always bitter. Profuse perspiration. Sensitive, irritable, impatient, suspicious, concentration poor, consolation and pity cause tears.

Sent *Silicea m* one dose and *Sac. lac*.

December 6th, 1957. Came to see me and said he feels quieter in mind. No so depressed, and can think more clearly. Headache seems to concentrate more in the occiput only. An old symptom has returned which is—when he lies down in bed he has to breathe through the mouth, because he feels that he cannot take in enough air. Both arms go numb in sleep. Dry skin has returned. Says he much prefers hot food and drinks, and he takes hot drinks very hot. On the whole he feels a slight improvement.

Sent *Sac. lac*. for a month.

January 12th, 1958. He had an appointment to see me on January 9th, but he did not keep the appointment. I received, however, a letter from him dated January 11th which said:

"Will you please accept my humble apologies for not keeping my appointment on January 9th. I am feeling quite well, and have had no headaches whatsoever."

He asked for a further supply of medicine to keep in case of accidents, so I sent *Sac. lac*.

—*Health & You, April, '58*