

## DRUGS FOR CITY DWELLERS

The modern city is a magnet, drawing its millions by day and by night with its alluring array of opportunities for interest, for employment, for entertainment.

There is much, however, in the city way of life which militates against physical and mental well-being. Glaring flickering lights assail the eye; incessant din impinges on the ear; central heating within doors, and increasingly polluted atmospheres outside, embarrass the air-passages; feverish activity in pursuit of wealth or amusement, or both, traffic congestions, rush hour stampedes, the never-silent bellows of press, of radio, of advertising—all these bash and hammer away at the nervous system, often with shattering effect.

Little wonder that mucous membranes become irritated and catarrhal in protest; that tempers become frayed; that digestions suffer; that nerves become jaded; that fatigue of mind and body supervene.

Tranquillisers and pep-drugs provide a miserably inadequate alleviation for these varied "stress"-induced disorders, tending as they do to still further embarrass the already over-taxed nervous and endocrine systems.

### *Judicious Use*

Considerably more help can be forthcoming, and at considerably less risk, from the judicious use of remedies prescribed homœopathically. To mention but a few:

ARNICA is related to fatigue of both mind and body, often associated with a tendency to lie awake at night, perhaps till 3 a.m., restlessly seeking a comfortable spot in the bed, which seems unduly hard to "sore" trunk and limbs. This remedy is of value not only in relation to actual injury, but also for the effects of overwork and overstrain both physical and mental.

GELSEMIUM will help the subjects of constant exasperation, afflicted with alternating moods of rage and despair. Furious and frustrated, they may be reduced to a state of near palsy, tremulousness of limb and apathetic of outlook.

IGNATIA for the over-sensitive, who suffers in silence, bottling up secret sorrows and injured feelings. Intolerant—"cannot stand" people, noises, smells, especially tobacco smoke. Paradoxical and contradictory—can dance all night and not feel weary the next day, but wilts with exhaustion over the chorus; cannot digest simple foods, yet can indulge in a rich meal with impunity; as cross as two sticks, and a moment later all smiles and amiability.

This remedy restores poise, relieves tension and removes the psychosomatic symptoms that derive therefrom.

LYCOPodium is indicated for the sedentary slogger, who is physically

not too robust, hyperconscientious over his job, apt to "blow up" over trifles, lacking in self-confidence, and very averse from taking on a new role. His complexion is often rather sallow, visage deeply lined and hair prematurely grey. He is liable to feel "liverish" and suffer from flatulent dyspepsia. His sleep is disturbed by unpleasant dreams and he wakes in the morning feeling "ugly".

NUX VOMICA is suited to the tense, overwrought individual who eats, drinks, works and walks at top speed. He becomes so irritable that he wants to smash the furniture, maybe does so, or at any rate throws things about; is oversensitive to every kind of stimulus, noise, smells, touch, pain, foods, medicines; impatient, intolerant, impulsive; hates wind, prefers wet weather to dry, finds even a short spell of sleep restorative to mind and body. He is terribly frustrated by his physical distresses and limitations, which drive him nearly frantic. His worst time is the morning.

#### *Benefits of Sulphur*

SULPHUR may be required by more than one type of sufferer. A hard worker who is abstemious, hygienic in his manner of life, careful over his food, and yet complains sadly of lacking energy, of feeling especially feeble at 11 a.m. or at 5 p.m. when he is assailed by acute hunger and does indeed feel better after taking a snack. He finds standing for long insupportable and seeks something to lean against.

Constipation may alternate with looseness of bowels, and diarrhoea may drive from bed in the early morning. Gets too hot in bed, and feet burn so that they have to be pushed outside the covers to cool off. Flushes of heat and itching are common in the skin.

Another type who may require this remedy is more of a recluse, much occupied with philosophical or abstract studies, taking irregular meals, with no time for any form of exercise. Scrawny, bowed, unwashed, with a horror of water, convinced of his own "brilliance", and resentful of the least contradiction. He can't stand the least noise, is adversely affected by even slight odours, and regards his skin troubles as a "terrible affliction" hardly to be borne by the possessor of so lofty a soul.

Again the subject calling for this remedy may be a fat, florid, Falstaffian individual, spotty of visage, possibly subject to boils or acne. There is a striking contrast between his bulky physique and his state of mental and physical debility. Unable to hold himself erect he flops into a chair, unable to apply himself to any kind of physical or intellectual effort he does nothing for hours on end. Lazy and sluggish he, nevertheless, has a very high opinion of his own capabilities and is consistently scornful of other people's activities.

This remedy is most strongly indicated by the state of systemic toxicosis which so readily results from city life, with its long hours spent indoors and consequent oxygen deprivation, and its inevitable discouragement of active muscular exercise.

—*Homœopathy, Jan., '61*