

cold water down until it has time to warm up and then vomits it. It often fits here the vomiting after administration of sulphonamides which makes one suspect that there is some liver damage when this is prominent. Jaundice is another sphere where Phosphorus must be considered and particularly is this confirmed now that it is realised that there is no catarrhal jaundice without a hepatitis for Phos. produces a hepatitis.

Diarrhoea is aggravated by warm drinks a useful tip. The stools are often white like Phos. ac and the anus feels "as if wide open."

—*Health through Homœopathy, March, 1947.*

DANGEROUS TRIVIALITIES

CATARRH, CONSTIPATION, INDIGESTION, ETC.

By J. ELLIS BARKER.

Trivial causes lead occasionally to disastrous consequences. Many a large conflagration has been caused by a spark or a dropped match or cigarette end. In health and disease also great troubles often spring from trivialities which are disregarded like the causative spark. Many a time one is told by a patient who is desperately ill: I was always perfectly healthy and exceptionally strong. I had never consulted a doctor. Unfortunately I contracted a trivial trouble which I thought I could safely disregard and now I am completely crippled. Let us look at some of these trivialities.

CATARRH

About half the male population suffers from catarrh of nose or throat, or both nose and throat. In women the proportion is much smaller. Half the men hawk and spit.

Women: usually get rid of the impurities of the body in a less tactless way.

By way of a catarrh, impurities are discharged from the body, and if the catarrh is mild and temporary not much harm may result. But very frequently catarrhs are chronic and violent and deep seated. This apparent triviality leads in innumerable cases to deafness, catarrhal deafness, which might have been avoided by timely action. Furthermore chronic catarrhs lead to many diseases of the throat, antrums and sinuses, ears, nose, the digestive apparatus, the rheumatic diseases, including arthritis, etc. Last, but not least, sufferers from chronic catarrh are prone to tuberculosis. Many of the best homœopaths treat prophylactically for tuberculosis all those who get one cold after another and who suffer from chronic catarrh. I do so myself.

We have some excellent remedies for the various forms of catarrh. I give a small selection: for acrid nasal catarrh *Arsenicum* 3. *Arsenicum iodatum* 3x, *Allium cepa* 3x for the discharge like that produced by peeling onions, *Sabadilla* 3x like hay fever, *Kali muriaticum* 3x white or grey discharge, *Kali bichromicum* 3x thick stringy, yellow-green discharge; *Pulsatilla* 3x offensive, greenish; *Phosphorus* 3 aggravation in open air; *Bryonia* 3x aggravation indoors, etc.

Of course we cannot cure catarrh by mechanically matching the symptoms of the patient with the drug symptoms described in the *Materia Medica*. We must consider the immediate and the distant cause. If there is tuberculosis in the family or in the make-up of the individual *Bacillinum* 200, *Tuberculinum* 200 should be given once a week or so; if the trouble should be due to vaccinosis, and this is often the case, *Thuja* 200 should be given occasionally. If there is acquired or inherited gonorrhœa, *Medorrhinum* 200 is called for; if measles, scarlatina or some other children's disease may be a factor, it should be antidoted with the appropriate nosode.

COLDS AND COUGHS

If one visits a sanatorium and talks to the patients one is told ever so often: "I was a powerful man and an excellent athlete. I never took any notice of my health. I caught a cold, refused to go to the doctor or to take to my bed, got worse and worse, and here I am, I thought my cold a mere triviality." Such trivialities are occasionally deadly.

If you feel chilly and feel that you have caught a cold, take promptly a hot bath, get into a hot bed with hot water bottles and have a large hot drink and if you still feel cold put some newspapers between the blankets and take a few doses of *Aconite* 1x or 3x every five minutes, on getting warm less often. If you cannot go to bed, put some brown paper or a newspaper around your stomach and abdomen. This will warm you promptly. If the nose runs, take a few doses of *Allium cepa* 3x, if the throat gets sore take *Mercurius biniodatus* 3x every hour or two and put a cold water compress round your throat when going to bed. If the throat is worse on the right take *Lycopodium* 3x, 6x, 12x, if worse on the left side *Lachesis* 6 or 12.

If you have a tendency toward colds take a few doses of *Bacillinum* 200 at intervals of a week or a fortnight.

CONSTIPATION

Our refined and demineralized food causes constipation. The majority of the civilized depend on pills and salts for their evacuations. As most people are constipated, most people and most doctors consider constipation a triviality. Years ago I wrote a large book entitled *Chronic Constipation, the most Insidious and the most deadly of Diseases*. That description is perfectly correct. The contents of the stagnant bowel are apt to become very poisonous, especially in the case of people who eat flesh, fish or fowl, and the toxins thus created are likely to be absorbed into the bloodstream. They circulate through the body

and are apt to attack a weak spot. They may attack the stomach, the bowel—cancer of the bowel is frequent among the constipated—the kidneys, the liver, the skin, the brain, etc. Melancholia is a disease of constipation and so is Glaucoma. The elimination of constipation by a rhythmical three bowel movements a day, especially if accompanied by a vegetarian, which means a non-putrefactive diet, has often the most gratifying results on disease, bringing about an improvement of the general health at the same time. We may safely say that constipation is directly responsible for innumerable diseases and disorders and that it aggravates every disease by the fouling of the bloodstream.

As constipation is largely, or chiefly, due to a faulty diet the first thing to do is to reform the diet. "The whiter the bread, the sooner you're dead." Wholemeal bread, bran, eggs, cheese, plenty of vegetables and fruit should be the diet and adequate liquid to keep excreta moist, and if medicine should be needed, try *Natrum muriaticum* 3x or 30 if motions are very dry, *Bryonia* 1x, 3x or 30 if the bowel should be torpid, *Nux vomica* 3x for the irritable and jaundiced, *Sulphur* 3x or 6x for those with an impure skin and intolerance of heat. In the most serious cases of bowel atony *Opium* 30 or *Alumina* 30 may have brilliant results.

IRREGULAR OR PAINFUL MENSTRUATION

Many women and girls are troubled with irregular or painful menstruation and if they complain they are apt to be told by more experienced women that irregularity and pain are natural and are a triviality. I remember seeing a young woman of 25 who told me: "It is lovely. I haven't had a period for more than a year." Irregularity and pain are not natural and not always trivial. On the contrary. They lead only too often by gradual deterioration to serious gynæcological diseases and to serious operations.

To regulate matters the homœopath has a wonderful array of most useful remedies, but before thinking of specific drugs he should enquire into the causation of the trouble. Irregularity with delayed and scanty periods may be due to under-nutrition and consequent upon anæmia, to tuberculosis which often causes stoppage of periods for many months, to constipation and auto-intoxication, to inadequate development of the sex organs and general under-development of the female characteristics. *Pulsatilla* 3x is very helpful for ordinary delay of periods, particularly through chill and wetting of feet. *Oophorinum* 30 or 200 are very useful for under-developed women. *China* mother tincture or in potency and *Ferrum phosphoricum* 2x or 3x are very efficient in controlling the unduly heavy flow. *Cimicifuga* 1x or 3x is excellent for pain from side to side and *Sabina* 1x or 3x for pain from back to front with heavy flow. *Colocynthis* 3x for pain relieved by doubling up and *Dioscorea* 3x for pain relieved by lying flat, standing up, or walking about.

Heavy flow is frequently found in the tuberculous and in those who have a tubercular taint. They should be given *Bacillinum* 30 or 200 once a week or once a fortnight.

IMPURE BLOOD

Countless people suffer from impurity of the blood; shown by eruptions of various kinds, boils, carbuncles, styes and whitlows. These are usually treated domestically with a dose of salts which occasionally helps, various herbs, tissue remedies, etc. These treatments do not deal with the cause. Hence the trouble recurs again and again and may lead eventually to very serious developments. I have just seen a patient who had never been troubled with boils in the past, but he has been suffering from an enormous number of boils, ulcers, carbuncles, etc. recently. This trouble came on after a vaccination which had bad results. He was given *Thuja* 200 once a week which put him right. Vaccinial poisoning is a very serious matter. It leads to

disastrous developments in the breasts and wombs of women and in the prostates of men.

Boils here and there are uncomfortable but need not be serious. But occasionally they occur on the eyeball (*Mercurius corrosivus* 3 or 30 will cure them) and I have a strong suspicion that gastric and duodenal ulcers and many other serious diseases are due to eruptions which have been "driven in".

Homoeopathy possesses many blood clearing medicines of the greatest value such as *Pyrogen* 30 or 200, *Hepar sulphuris* from 2x to 200, *Gunpowder* 3x, which are deep-acting remedies. If people with impure blood cannot stand heat and put their feet out of bed, *Sulphur* 3x or 6x is the remedy as a rule. If ordinary *Sulphur* does not suffice, *Sulphur iodatum* 3x or 6x should be used. People who are chilly and very tidy should be given *Arsenicum* 3x or 6x.

Very frequently skin trouble is due to some disease or disorder which occurred many years ago, or to some inherited factor. If measles is at the bottom of the trouble give *Morbillinum* 200 once a week or a fortnight. If scarlatina is suspected give *Scarlatinum*, etc.

LOSS OF HAIR—RINGWORM, etc.

Loss of hair is considered a triviality by men and women, especially by men. It is frequently due to the hard hats of men which prevent the free circulation of the blood, but occasionally loss of hair occurs in circular patches and then the trouble is called Alopecia. These patches become completely hairless. Orthodox medicine treats the condition with strong ointments, X-ray, etc. Dr. James Compton Burnett showed that the trouble is tuberculous. A few doses of *Bacillinum* 200 at intervals will readily cure. Ringworm is treated by the orthodox doctors more or less like Alopecia, but it is also tuberculous and should be treated with *Bacillinum* as well.

INDIGESTION

Indigestion is as widespread as constipation and is frequently due to constipation. If the bowel is filled with food residues, the stomach refuses to act. Millions of people in this country and elsewhere have to take every day some pill or powder to help their digestion.

Perhaps the most popular remedies are the anti-acids. Usually indigestion is combined with acidity, but if it is due to lack of acid, anti-acids make the condition worse and should be replaced by diluted hydrochloric acid if prompt relief is wanted. Here again we must look for the cause such as an unsuitable diet, hasty eating, boiling-hot food or drink which is apt to lead to cancer of the stomach, abuse of condiments, of salt, of alcohol or tobacco, etc.

If the patient is of the *Sulphur* type he must, of course, have *Sulphur*. If of the *Arsenic* type, he must have *Arsenic*. Constitutional and local treatment must go hand in hand, but regulation of diet must never be omitted. The misuse of the frying pan and the use of aluminium cooking utensils must always be considered.

Homœopathy has excellent remedies for indigestion. *Nux vomica* 3x to 30 is the first remedy one thinks of. The *Nux vomica* patient is bad-tempered, constipated, dark haired, dark eyed and chilly as a rule. If the patient is much troubled with flatulence *Carbo vegetabilis* and *Carbo animalis* 1x to 30 may be very helpful. If the patient cannot digest fat *Pulsatilla* 1x or 3x may be called for. If the patient suffers from acidity—try *Hydrochloric acid* or *Sulphuric acid* 3, potentized Hydrochloric or Sulphuric acids act of course, as anti-acids.

If the patient cannot digest raw vegetables, salads or fruit, he should be given *Arsenic* 3 or *Natrum sulphuricum* 3x. If he cannot digest bread *Bryonia* 3x and *Pulsatilla* 3x will help him. If eggs are not tolerated, the trouble is usually due to anæmia and doses of *Ferrum phosphoricum* or any of the other *Ferrums* will promptly

right matters. If milk upsets digestion try *Æthusa* 3x, *Calcarea carbonica* 3x or *Sulphur* 3x, etc.

RHEUMATIC TWINGES

When people get into a draught or wetted by rain or perspiration they often get rheumatic twinges which in the beginning are disregarded. Rheumatism—gout—arthritis, etc. run in families and may be due to some inherited infection for which *Medorrhinum* 200 may be the remedy.

In any case these twinges should not be taken too lightly. Rheumatism and rheumatic fever lead only too often to heart disease, especially if the patient does not take adequate care of himself. Besides, slight attacks of rheumatism may become more and more violent and eventually crippling. I remember an agricultural labourer suffered so acutely from arthritis that all his joints without exception were completely locked so that he was perfectly helpless.

As in all cases, bowel regulation and diet regulation are very necessary. Potatoes are the finest anti-rheumatic food if they are boiled or baked in their skins. Flesh, fish and fowl and alcohol are distinctly unfavourable where there is a rheumatic disposition.

In order to keep the muscles young and nimble exercise should be taken daily and massage or self massage should be given regularly. *Rhus tox.* 3x to 200 is the leading remedy for rheumatism relieved by movement; *Bryonia* 3x to 200 is equally strongly indicated for rheumatism aggravated by movement and relieved by pressure. For rheumatism with wandering pain *Pulsatilla* and *Phytolacca* in various potencies will prove very helpful. For rheumatism which is aggravated by dry cold weather and relieved by damp and rain *Causticum* 6x is of the utmost value.

—Heal Thyself, October, 1947.
