

something that he described as an unlimited space and in this unlimited space arise the cosmic rays. The cosmic rays are spirals and they come down through the unlimited space and as soon as they strike our universe they are converted for the first time into electromagnetic rays. It is the electromagnetic rays that keep our sun going.

Otherwise, it would have gone out millions of years ago. It is electromagnetic rays that give our vegetables their strength, our vegetables give us our strength, and therefore we are a result of cosmic rays. He got that far.

I said, "Now, Professor Ringstrom, I understood you the first time. I have still got a son. Now I want to know, please explain to me where the cosmic rays come from." With that he turned to me and said, "Dr. Bryant, there is but one explanation and that is God."

He said, "I have been a materialist all my life and I am acquainted with many of the prominent physicists all over the world and we are all agreed that is God."

For the first time, in my life, from the standpoint of physics, I was able to connect God in a different way than I had ever connected it before. So I want to say thanks again to the essayists. I want to thank you men for the privilege of presenting this subject.

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## LYCOPodium CLAVATUM

R. S. FARIS, M.D.

The name *Lycopodium* comes from the Greek words *lykos*, meaning wolf, and *podos*, meaning foot, so it is sometimes called Wolf's foot or more commonly club moss. The moss grows in all parts of the world, especially in the northern countries.

*Lycopodium* in mass, is a pale yellow powder, so very mobile that its behaviour is like that of a liquid when the vessel holding it is inclined from side to side. Under

microscopic examination, each sporule is seen to be a roundish or nearly globular body, having three well defined facets on one side forming a short three sided pyramid. The surface presents a honeycombed appearance, and the angular edges of the pyramid are furnished with small projections. Beneath the network is a thin coherent and dense membrane, yellow in colour which resists the action of such solvents as boiling water and strong potassium solution. Sulphuric acid does not affect in the cold even after prolonged contact. It affects the membrane, however, in a manner analogous to its action in producing parchment paper, for the pollen grains become transparent; at the same time numerous oil drops exude.

Trituration of the sporules alone, results in a darkening of the colour and increased consistency with evident greasiness of the mass.

To obtain an efficacious tincture of *Lycopodium* a previous trituration for hours, at first dry, and then with the addition of as much alcohol as is necessary to form a thick paste, will be found a great advantage. After this is done a sufficient amount of strong alcohol is added to make five parts by weight of alcohol to each part by weight of *Lycopodium* used. This preparation is allowed to remain eight days in well stoppered bottles, in a dark, cool place, being shaken twice a day. The tincture is then poured off, strained and filtered. This gives a tincture of 1/10 drug power. One part of this tincture added to nine parts of alcohol and shaken with ten powerful strokes gives a 2x. solution. This is one of the drugs which must be used in the higher dilutions and should be used at least in the 12x. or higher to obtain the full value of its healing properties.

GENERAL ANALYSIS. *Lycopodium* acts powerfully on the vegetative system, depressing its action and causing slowly advancing weakness of functional power and decay of tissue. It acts especially on the mucous membranes of the respiratory, digestive, and genitourinary organs, and upon the skin, but shows its most important local

action upon the liver and digestive tract, where it produces a disturbed digestion, hepatic congestion, constipation, etc., and upon the kidneys causing a "uric acid diathesis." The lymphatic system becomes weakened and the glands, especially of the neck, are swollen and indurated and the skin is sluggish. The chief characteristic of the remedy is the excessive accumulation of flatulence in the abdomen.

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THERAPEUTICS. *Lycopodium* acts favourably in all ages but especially upon old people and children. It acts upon people of keen intellect, but feeble muscular development, lean people leaning toward lung and liver troubles. Such people are apt to suffer from "uric acid diatheses" for which this is also a great remedy. The *Lycopodium* patient is sallow, sunken, with premature lines in his face; looks older than he is. The children are weak with well developed heads but puny weak bodies. All are irritable and when sick awake out of sleep ugly and kick and scream and push away the nurse or parents. These temperament remedies are not always appreciated by those who do not understand the true spirit of our own art of healing; but when appreciated the skillful observer can often see the picture of the right remedy in the face and build of his patient before he speaks a word.

This is one of the leading flatulent remedies. There seems to be an almost constant fermentation of gas going on in the abdomen, which produces a loud croaking and rumbling. In *Lycopodium* this flatulent condition is very apt to occur in connection with chronic liver troubles. Again this rumbling of flatulence is often found particularly in the region of the splenic flexure of the colon.

A feeling of satiety is found under this remedy which alternates with a feeling of hunger of a peculiar kind. The patient sits down to the table very hungry, but the first few mouthfuls fill him right up and he feels *distressingly* full. This alternation of hunger and satiety is not markedly found under any other remedy.

Constipation predominates under *Lycopodium* and there may be a frequent and ineffectual desire for a stool

which seems to be caused by spasmodic contraction of the anus which prevents the stool and causes great pain.

*Lycopodium* should be thought of in any troubles associated with chronic liver troubles especially if with much flatulence. The liver troubles of *Lycopodium* are more apt to be of the atrophic type.

This remedy has almost if not quite as marked action upon the urinary organs as upon the liver. It is the chief remedy for "red sand in the urine." This is not simply a reddish sediment which is generally termed "brick-dust sediment" but is actual sandy, gritty sediment which settles to the bottom in the otherwise perfectly clear urine. If this condition is not removed we have sooner or later renal calculus or gravel forming and terrible attacks of renal colic. In children this sand is sometimes found on the diaper after severe crying spells, and in the adult, much pain in the back in the region of the kidneys which is relieved after the discharge of the urine containing the sand. No remedy helps these cases more promptly nor permanently than *Lycopodium*.

*Lycopodium* is also one of our best remedies for impotence. An old man marries his second or third wife and finds himself not "equal to the occasion." It is embarrassing for the whole family. A dose of *Lycopodium* sets things right and makes the doctor a warm friend of both sides of the house. Young men from onanism or sexual excesses become impotent. The penis becomes small, cold, and relaxed. The desire may be as strong as ever or perhaps more so but he can't perform. Apparently hopeless cases of this kind have been cured by the use of this remedy. But it must be used in the higher attenuations; the same results cannot be obtained when used low.

*Lycopodium* affects the right side mostly, or left-sided troubles which began on the right side. Swelling and suppuration of the tonsils have been aborted more than once in old quinsy cases, by the early use of this remedy. Pains in the abdomen, ovarian and uterine regions also begin on the right side, running to the left side; right foot

cold when the other remains warm. Eruptions begin on the right side and travel across to the left. Sciatica the same; any complaint that begins on the right side and goes to the left makes me think of *Lycopodium*. The "sides of the body" subject is of more account than some imagine. Drugs have an affinity for particular parts, organs and even sides of the body.

Upon the respiratory organs this remedy also has a strong influence. It is one of our best remedies for chronic dry catarrh of the nose, which becomes completely closed so that the patient has to breathe through the open mouth, especially at night.

*Lycopodium* has often saved neglected, maltreated or imperfectly cured cases of pneumonia. It may even come into the later stages of an acute attack itself, and here as usual the disease is apt to be in the right lung and especially if liver complications arise. The disease has passed the first or congestive stage and generally the stage of hepatization or is in the last part of this stage, and is trying hard to take a favourable turn into the breaking-up or third stage, the stage of resolution. Just here is where so many cases die, neither free expectoration nor perfect absorption of the disease products taking place. There is extreme dyspnoea, the cough sounds as if the entire parenchyma of the lung were softened; even raising whole mouthfuls of mucus does not afford relief, the breath is short and the wings of the nose expand to their utmost with a fan-like motion. Now is the time that *Lycopodium* does wonders. Again, even when this stage is imperfectly passed and the patient still coughs and expectorates much thick yellow purulent or grayish yellow purulent (sometimes foetid) matter, tasting salty, with much rattling in the chest, *Lycopodium* is indispensable.

The characteristic aggravation as to time, of this remedy, is 4 to 8 p.m. and this is not confined to any one set of symptoms, but applies to the whole body as well.

*Lycopodium* profoundly impresses the sensorium. We see by studying its pathogenesis that it depresses. This

found particularly in typhoid. The patient lies stupid, eyes do not react to light; lower jaw drops; apparent impending paralysis of the brain. This condition may also be found in the advanced stages of many of the acute diseases, such as cerebrospinal meningitis, pneumonia, etc. Now if you get the 4 to 8 p.m. aggravation, this remedy surely comes in. But this depression of the sensorium is also found in chronic forms. You remember what was said of this remedy in the impotence of old men. If you find a corresponding failure of the sensorium of old men, the memory fails, they use the wrong words to express themselves, mix things up generally in writing, spelling and are, in short, unable to do ordinary mental work on account of failing brain power, remember *Lycopodium*.

Many more things might be written of this wonderful remedy but these are the most important points and if given when these conditions are found, will never fail you.

#### DISCUSSION

DR. SUTHERLAND: I have already said something about *Lycopodium*, why I should say it again I don't know. There are two lovely little symptoms of *Lycopodium* that are really very helpful, if they can be found. The first is: the nose fills with pus at night. The second is: cough when about to fall asleep.

I have had the privilege of curing two cases of pneumonia with those keynotes leading me to *Lycopodium*. One was a little girl whom my supposedly well-chosen remedies didn't help at all until her mother complained about how "stuffy" she was at night. I questioned further and found out it was a more or less purulent discharge that seemed to leak into the nose at night and prevent sleep. She also was extremely ugly when she woke up from her nap. With those two things, I looked up *Lycopodium* and found the rest of the symptoms there.

The other pneumonia case was a young woman whose symptoms apparently were all at sea. I couldn't get symp-

toms but I did find this—and this observation was made by the nurse who has no use for homœopathy at all; but in questioning her when the cough seemed to be worse she said, "Well, when the girl is ready to go to sleep at night, she begins to cough and can't go to sleep."

I used Dr. Pulford's little brochure and I found that remedy in there, *Lycopodium*, and the other symptoms I had been able to gather were present too. She got well. I was only the agent. I didn't cure.

DR. STEVENS: I would like to speak of one symptom that I have found and this is the aggravation from the wind. *Lycopodium* is very sensitive to wind. I remember a case I had a good many years ago of a woman who was quite a distance from my office in Northampton so that it was difficult to see her, but she was having a bad heart condition and was very œdematous as to legs and lower extremities and abdomen.

I worked on her and could see only *Lachesis* which I gave her and that seemed to hold her a little, but one morning when I went out the room was just as stuffy as it ever could be. I asked why all the windows were closed and it was on account of the wind. The woman couldn't stand any wind at all.

That opened my eyes and I saw *Lycopodium* then, which I gave her, and I had to be away for several days. When I saw her next, she was having a bath so that I could see the whole body and her legs and feet and ankles were natural size and she was infinitely better.

DR. CLARK: I prescribed on the same symptoms of stuffy nose and inability to breathe at night, and got nowhere. Then I found that the child was extremely ornery when he woke up and wanted to be carried about. It was the only thing that quieted him, so I changed to *Chamomilla* and then got somewhere. I did that because I remembered that the child is quiet when carried about and the prescription of *Chamomilla* was largely on that symptom; but it was very puzzling to me, the differentiation.

I wondered if anyone could contribute guiding light in that differentiation?

DR. SUTHERLAND: I don't know anything about *Lycopodium* except for the classical 4 to 8 p.m. aggravation, and one or two of the other symptoms, and the little nose symptoms—it isn't a "stuffy nose," there is a difference. A stuffy nose might be due to congestion of the mucous membrane, as we find in *Sambucus* and *Nuxvomica* and a few others.

This stated in Hering's *Guiding Symptoms* in somewhat this manner: the nose fills with pus at night. That is the *Lycopodium* symptom, not "stiffness." If you are using *Lycopodium* because of "stiffness," you won't get anywhere. A keynote doesn't cure the patient anyway. You see, it only gives you a guide. It is an arrow. If it points to a remedy, look at the remedy and the other symptoms you have been able to find are there.

I had a case of facial neuralgia. The keynote in that case was: the pain goes off at night: *Cimicifuga*. All the other symptoms were found under *Cimicifuga*. I prescribed on the totality. It was the keynote that led me to the totality.

DR. HURD: I would like to ask a question of Dr. Grimmer and Dr. Farrington and some of the others. Is there any value in the idea that is given out about *Lycopodium*—many times that an occasional dose of *Sulphur* will accentuate the action of *Lycopodium*?

DR. GRIMMER: There might be, and there is a relationship between *Sulphur* and *Lycopodium*; along broad lines they have very similar symptoms and of course one is very frequently complementary to the other. The old men, however, more often gave *Sulphur*, *Calcarea*, and *Lycopodium* in that order and cured many of their chronic cases. The reason for these so-called intermittent remedies is the old medico conceived it with the existence of the miasms.

Of course these are all antipsoric remedies but some of them have also some of the other miasms mixed with



them. Often there is a confusion or rather a coalescing of these miasms in such a way that one remedy will not unfold and *Sulphur* is very often given, not only after *Lycopodium* but after many other remedies where the psoric miasm seems to be the thing that fails to be able to unlock the patient's case. *Sulphur* will sometimes cure again it may be only the remedy to unlock the case and pave the way for a complementary remedy.

DR. HUBBARD: Of course, chemically, there is a lot of *Sulphur* in *Lycopodium* and that may follow.

Dr. Clark, were you sufficiently answered?

DR. CLARK: Yes. I appreciate the differentiation between the stuffy nose and the collection of pus which I hadn't thought out.

DR. WHITMONT: I would like to answer this to some extent. I think a child practice is beautiful and horrible. They are beautiful because of the really rewarding response and it is beautiful to me but horrible because of the symptoms you so often get. You are really dependent upon one symptom or keynote.

The difference between *Lycopodium* and *Chamomilla* has given me some trouble too, but if you have just this one symptom that the child wants to be held and carried in a rather violent form it calls for *Chamomilla*. The *Lycopodium* case wants not to be left alone, with someone near. He cries and yells and wants to be held because he feels so bad and you just stand there and hold him or put your hand on him and are with him.

It is more the desire for company, in other words, in *Lycopodium*; whereof *Chamomilla* just wants to be taken for a ride.

Then the *Sulphur-Lycopodium* sequence—this has given me very often much trouble too, but it seems they follow each other if they are indicated. I mean if the symptoms call for it and are there. It is a help, I think, to know sequences that have been recommended for the purpose of thinking of the remedy, but that is all. Unless

the symptoms are there, the whole sequence won't be of any use.

Another peculiar thing about *Lycopodium* is the paradoxical symptoms in regard to heat and cold. In one case it expressed itself in this way. During the daytime he can't stand heat and throws off all his clothes. At night he wants to pile one blanket on top of the other, particularly on the feet, and he freezes and closes all the windows.

During the day he just couldn't live in the warm room. For some reason or other, the absolutely contradictory symptoms come in.

DR. A. DWIGHT SMITH: *Lycopodium* has always been a pet remedy of mine. I advised with Dr. A. W. McDonough and I asked him to prescribe for me. I don't know what the remedy was. I was sitting in my office at four o'clock in the afternoon and got one of the most terrible colds I ever had. I never thought of the remedy. It finally dawned on me that maybe that remedy did it.

I wrote to Dr. McDonough to repeat that remedy and he sent it to me. In a day or two the same cold came back. I let it go and it lasted for several weeks, but the next two years I felt better than I had for years. I think maybe that is one reason I have always liked *Lycopodium* as a pet remedy.

Here a few years ago in the California Homœopathic Medical Society, the president asked us to keep track during the year of the various remedies we prescribed. I then found out I was prescribing *Lycopodium* so often that I watched myself after that and quit doing it.

DR. FARIS: May I say just one thing for Dr. Clark? It is really what Dr. Whitmont has said but maybe in little different words.

This is in reference to that irritability and crossness in children—if that child has some liver or intestinal condition, especially liver disorder that is causing the irritability, *Lycopodium* will come in there but if it is just a down-

right cussed kid, then the *Chamomilla* will straighten it out.

DR. HUBBARD: I would like to add something to that. I would say the child that needs *Chamomilla* is cussed at the moment but it is not a naughty child ordinarily. It is not a Waffensmith child that needs a spanking or something worse than *Chamomilla*.

DR. CLARK: It is sometimes hard to get parents to understand it is a symptom of sickness and not in need of an ordinary spanking. Spanking only aggravates the whole thing.

DR. FARIS: I also want to say that I think doctors should warn our patients of possible aggravations, not so that they worry about them but when they happen they won't do the wrong thing. I never say it until I have put it on the tongue. I have had a couple of cases where the patient refused to take the remedy after I told them. So I put it on their tongue now and then I say, "If you have some acute illness or some discharge, either the return of an old one or a new one, thank God for it and telephone me but by no means take anything." Then they are prepared and they don't spoil the case.

DR. MCLAREN: Dr. Clark asked this question. There was the pus in the nose and the irritability of the child and the child wanted to be carried. The irritability is a mental symptom that ranks high. Wanting to be carried is general and ranks high. Obstruction in the nose is general and not an important symptom. Therefore, put the *Lycopodium* down as far then as the first prescription goes and we have to find a remedy which is very irritable and which wants to be carried, as being the two main symptoms.

Our prescribing would be *Chamomilla* rather than *Lycopodium*, on that basis.

DR. HUBBARD: You did have three legs on your stool then. You thought you had one but you had three.

DR. MCLAREN: Yes.

DR. BONNELL: I think we all need a dose of *Lycopodium*. I think it has been the finest thing to have these papers on the one remedy, I sincerely hope that our editor has one journal come out that will be a *Lycopodium* journal.

DR. HUBBARD: It should be in February; that is the month for it.

DR. BONNELL: I take four or five homœopathic journals but I am going to make a confession here, that I am looking forward each month to my *Homœopathic Recorder*. I may head some other organization, but in the past I have found myself taking a journal and putting it in my pocket. Many times I don't go to bed until I finish my *Recorder*.

I hope we get these all at one time. We have some good suggestions out of each paper and I have certainly enjoyed it.

DR. HUBBARD: Before Dr. Faris closes, I would like to compliment him on having told this old teacher of materia medica something I have never heard or knew about *Lycopodium* and I have never seen it done in any paper on that particular remedy; the description of the actual structure and appearance of the tiny little globules of *Lycopodium*.

We have had people who brought out beautifully, as Dr. Roberts does, the zoölogy of a remedy. They have brought up the correspondences of the remedy but never before have I heard anybody name the very simple chemical parts of the remedy. I think when we write any paper we should include all those fields.

DR. WHITMONT: I want to thank all the discussants for their extreme kindness. There is something about the sequences I wanted to say. You know this is another sore spot or "hot potato" or whatever you want to call it. Homœopathy has been blamed and snubbed and sniffed at for supposed adherence to sequences, which is really not essentially a part of Hahnemann's approach. The

Law of Similars in the universe always demands a symptom totality.

In the symptom totality is a relation to the patient as well as to the remedy. Consequently, part of his totality must be out of the structure, appearance and chemistry, of the mineral, plant and animal. It therefore cannot be considered an accident or incident that the one plant grows red and the other plant grows green, the one creeps on the ground and the other raises itself; but it would be just as wrong to say one plant is yellow, therefore it is a liver remedy, as it would be to say because the nose is stuffy you should use this in the beginning.

In the consideration of the appearance of this remedy, in other words what is called the sequence, the totality of the appearance must be considered and fitted to the rest of the function. This then would give the basis for a new—I don't know whether to say natural philosophy or natural science. It really would be both and thus really scientific.

DR. FARIS: When I got a copy of this program and saw three papers on *Lycopodium*, I was simply scared to death. I wondered how on earth three of us could get up here and hash over that same thing, and all of them tell you that it was worse from four to eight p.m. Now as the thing has worked out it hasn't been quite so bad. It seems that each of us have taken it from a little different angle and I have enjoyed their papers and mine was not quite the same so maybe it wasn't too boring.

DR. HUBBARD: I have always wanted to go to a symphony concert and hear three different conductors with the same orchestra the same day, the same symphony three times, and why they don't do it I can't imagine. They ought to do it for music lovers only.

In a way today we had three different conductors bringing out the three different elements in the wonderful composition which is *Lycopodium*.

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