

Homœopathy knows the properties of every medicine beforehand. Homœopathy pre-proves everything before using it. Homœopathic pre-proving is scientifically done. The facts are meticulously set down for reference. Being facts, they do not change. Montgomery County could just as well have had a homœopathically pre-proven polio preventive as to undergo an unscientific, incidentally cruel, mass test unlikely to reach any unchangeable conclusion. And the homœopathic preventive would have been chosen from a number of possibilities, the choice fitting the particular epidemic and being in no sense a blind choice.

—A.B.G.

—*The Layman Speaks, May, 1954.*

BLADDER TROUBLES

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The health and well being of a community depends very largely on irrigation and the wise disposal of its refuse, and these principles apply to our bodies. Good health and that means happiness as well, depends on the cleansing of our systems and the disposal of the unwanted and unusable matter. Some schools of thought teach that at least four pints of clean water should be taken daily to ensure the thorough cleansing of the internal organs, and where this amount can be absorbed and dealt with, it doubtless has beneficial results, but we have to remember that we are individuals, each with our own particular idiosyncrasies, and what one can do another will find difficult and even impossible. The value of a certain minimum liquid intake is obvious, the body requires liquids to maintain its equilibrium, but it must be remembered that liquids are not only those taken in glasses. Salads, fruits, raw

vegetables, all contain a high percentage of water, and those wise folk whose diet consists mainly of salads and fruits will not find the same need for drinking pints of water as the people who live on a heavy meat and protein diet, and who so often eat vast quantities of salt. Quantities it may be noted that are much in excess of the amount required to maintain the body's mineral balance—the excess has to be eradicated from the system, and here we begin our bladder troubles.

A delightful elderly lady came to stay with me and told me she was troubled by having to rise during the night three or four times to pass water. As she was arthritic, this was no easy matter and meant that she was losing a great deal of sleep. Her diet in her own home consisted of meat, fish, poultry, vegetables, white bread and butter, eggs occasionally, a little steamed pudding sometimes because, she said, stewed fruit upset her. She drank tea and coffee in moderation, but never had anything to drink after 7 p.m. I assured her that the trouble could be helped, and that while she was with me I would do my best to clear it away. The first two nights she had to rise three times, the third and fourth nights she was disturbed only twice, and that was just after midnight, and again at 6 p.m., so that she had some five hours sleep, and thereafter she slept eight hours without this troublesome disturbance. What medicine did she have? As I am a firm believer in a pure whole food diet, I also believe that many of our troubles will automatically correct themselves if our systems are given the chance, and so for the first two weeks of her visit I did not give her any remedies at all but waited to see what the result of a change in diet would bring forth. She had for breakfast prunes or a baked apple, a little cereal with warm milk, home-made wholemeal bread with butter and a little honey, and weak china tea. Mid-morning a small cup of Marmite with milk and water. An omelette with cheese or mushrooms, or a little fish, with fresh vegetables, cooked *in a casserole with-*

out salt with a little vegetarian margarine, and stewed fruit with egg custard or cream for lunch. Her tea was a very slight meal, usually wholemeal bread and butter, only a finger of sponge or morsel of date bread now and then. Her last meal was finely shredded raw vegetables with a lightly boiled or baked egg, or a cheese soufflé, depending on the kind of lunch she had had. A very ordinary, simple diet, but one that was quite different from her routine food. The vegetables were cooked in casseroles without salt and water instead of being ruined in aluminium pots with large doses of salt; no salt was added to sauces or gravies, the flavours being supplied with fresh herbs, paprika, and vegetable flavouring. No white bread is ever eaten in our house, and the bread is from flour that is unspoiled by chemicals, so that the lady had pure wholesome bread. Her tea was weaker than she was accustomed to having but rendered fragrant and appetizing by the addition of Verbena leaves or a sprig of rosemary, mint or lemon balm. You see, once her system was relieved from the necessity of dealing with the excess salt and the poisons from the aluminium, her kidneys functioned normally and her secretion diminished. Later I gave her *Pulsatilla* 30 (unit dose) because she is just that sensitive, lovable, changeable personality that betokens the *Pulsatilla* temperament, with its great love of the open air. Because her system was rested by the controlled intake of salt and fluids the remedy worked admirably, and its action maintained for two months without the need of repetition. By that time she was again installed in her own home among her own aluminium pots and pans, but I was delighted to know that she no longer subjected herself to the habit of salt. Her frequency did not return so urgently as before, but the change from whole pure foods to chemicalized products, made it necessary to repeat the *Pulsatilla* more frequently, i.e. at regular intervals. I have always felt that if she had continued to live on a wholesome diet, no further medication would have been necessary. *Pulsatilla* is a

great remedy for frequency of micturition but *only* when the patient shows those great characteristics of the Pulsatilla temperament. It is essential for the true working of the Homœopathic remedies that the principles should be learned and applied. Those who try Homœopathy and proclaim its failure to cure or alleviate are those who have not learned the principles of its Art. correctly, or who are too lazy to apply them. The remedies must be prescribed always on the totality of the symptoms and then the harmonization of the patient is assured.

A man came to me in deep concern for his doctor had told him an operation on the prostate gland was imperative—could Homœopathy help? I gathered all the details of his life, in spite of the fact that he could not see the least reference between his prostate trouble, his frequency and discomfort and his liking for puddings and pies. His army record of inoculations and injections and the many doses of M. & B. for feverish attacks, the constant use of aluminium in his home seemed far away from the question of saving him as rapidly as possible from the surgeon's knife. However, I collected my details and built up my picture. He was given a unit dose of M. & B. 200 for I felt that much of his general malaise was directly attributable to the after and side effects of the M. & B. he had had in past years; a fortnight later a unit dose of *Thuja* 200 was given to antidote the vaccination and inoculations he had received during the first World War. *Sabal serrulata* 6 night and morning was prescribed for immediate help to the prostate trouble. Within a week of beginning his treatment he began to change. His energy returned and he was more full of joie de vivre than he had been for ten years, so his relatives told me. The improvement continued with no relapse or return of the distress. After feeling generally weak and ill for years this man is now the picture of health, able to walk and swim and enjoy an active life of service to his fellow men. Did he have to diet? He is a wise man, he has salads, wholemeal bread, molasses

and fruits. He avoids starchy puddings and no aluminium now is allowed in his home, otherwise he eats in moderation the foods he likes.

I remember another interesting case that responded to Homœopathic treatment extremely well. A man in his sixties was troubled or rather troubled his family by the very foul odour of his urine which seemed to penetrate the whole of the top floor of their house. They had tried parsley tea, and barley water, and they were vegetarians, but whatever their efforts there seemed nothing to be done about the odoriferous urine. The man himself declared he was fit and well and so I had to depend on my observation of his character and what the family could tell me, in order to decide the correct remedy, which we were not at all sure he would consent to take. He was tall and thin, a nervy, highly strung type, with a great zest for his food; on one visit he told me about severe attacks of neuralgia that bothered him sometimes and how difficult it was to hear peoples voices, and then very confidentially he said "Everything happens so suddenly with me—one minute I am alright and then without warning I am attacked—please don't tell the family they won't understand. I feel faint and sweat as though I just can't go on." I suggested I could help him, and to my delight he agreed. He was the typical restless, fidgety type of a Phosphorus subject; super sensitive to noise, to storms, easily angered yet full of fears and depressions. I gave him a unit dose of *Phosphorus* 30. A week later his daughter reported that he was a changed person and his urine while not perfectly clear was now practically odourless. The dose was repeated a month later, and I have received no further complaints. Those who know him remark on how much gentler he has become and that his complexion, once so pale and earthy looking, is now fresher and more healthy looking, Homœopathy is indeed a blessing for in harmonizing and healing, it restores the joy in living and brings back something of that natural beauty which indeed is more than skin deep.

REMEDIES :

Pulsatilla 6. Constant desire—worse lying down. Involuntary micturition when coughing. The gentle, changeable type. Craves the open air. Dislikes fat. Peevish and chilly—very sensitive.

Dose : One Pilule night and morning. Leave off when better.

Phosphorus 30. Only to be repeated at long intervals. Nervy type, easily startled, earthy complexion. Odoriferous urine, red and brown coloured with sediment. Affected by storms and noises. Subject to neuralgias and sudden faints and sweats ; worse lying on left side.

Sabal serrulata 6. Constant desire to pass water at night. Cystitis. Difficult urination. Languor, apathetic. Indifference, dislikes sympathy. Prostatic troubles.

Dose : One Pilule night and morning, less often when improved.

Aconite 6. Physical restlessness with fear. Condition caused by dry cold weather, draught of cold air. Urine scanty, red, hot, painful. In children with retention—much screaming and restlessness.

Dose : One Pilule hourly if necessary. Useful in sudden sharp attacks. To be discontinued as soon as improvement sets in.

Calc. sulph. 12. Catarrh of the bladder with yellow pus. Burning during urination. Much distension of the abdomen. Catarrhal headaches. Patient always in a hurry, impatient, forgetful. Loathing of life, suspicious—often has vertigo.

Dose : One Pilule night and morning. Discontinue when improvement sets in.

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