

HOW TO USE :

Three doses of Nat Mur 200x taken by women on the first, second and third day after the cessation of the monthly course, produces such reactions that fertilisation during the month becomes unlikely. These doses must be repeated after every menses till conception is not desired. This is a very reliable, cheap and convenient method for contraception. Its expectation of success is 99%, the remaining 1% also reaches to this under suitable dose (5 to 10 gr.) indicated by symptoms and constitution.

GASTRIC AND DUODENAL ULCERS

DR. G. E. LEONARD

When the homœopathic physician or practitioner is confronted by a new patient he is often asked by the anxious sufferer "Can Homœopathy help in my case? My own doctor says I shall have to have an operation, but I want to avoid that, if I can;—so I have come to you." Yes, many seek homœopathic aid when the verdict is severe; the fear of the surgeon's knife will drive many to seek treatment which otherwise they would have shunned. How many stop, I wonder, to give thanks that there is another way to treat the body than by surgery and drugs; how many stop and look into themselves for the cause of their trouble? We are all apt to feel that the body has given up of its own accord, that disease has been wished on to it; not often do we realize that the fault dear friends is in ourselves. It is our inner nature that is askew; our thoughts and attitude to life that need adjustment if the Vital Force is to flow in healthful waves through the physical body.

The founder of Homœopathy, Samuel Hahnemann realized that disease was in fact the interruption of this inner harmony, and taught this principle. The Vital

Force must be so harmonized and strengthened that it can overcome the invasion of extraneous powers. By its strength it will destroy the outer manifestation of disease, regardless of the labels that during the course of time man has affixed. Treat the individual patient with the remedy which corresponds to his unique individuality, and you will re-establish true wholeness or health.

Thus when orthodoxy calls the pain and discomfort in the stomach, gastric or duodenal ulcer, it is the ulcer disease which is manifesting, but it is the Vital Force of the patient that needs attention. The Homœopathic physician can say with confidence "Homœopathy will help you," and "it may not be necessary for the operation after a period of treatment," because he knows that there are remedies, proved throughout the years, suitable for each individual who suffers and is sick. Homœopathy will not avert all operations, but in many many cases the correctly selected remedy has made the drastic procedure unnecessary. And this particularly so in the case of gastric and duodenal ulcers.

Many people ask the cause of their complaints, and rightly so, for if the cause can be correctly ascertained, procedure can be instituted to correct it and prevent recurrence of the manifestation. In the case of stomach ulcers it may be attributable in many cases to hyperacidity; in others too hot drinks, irregular meals, disorders of the nervous system or septic conditions of the teeth, or our old friend or enemy, constipation. The symptoms develop slowly and often the patient is quite unaware of his trouble until it finally makes itself apparent in pain which comes on after meals, often accompanied by severe heartburn and cramps in the stomach. If we are to remove the cause, steps must be taken to readjust the daily routine, the habitual diet, and the attitude of mind. If it is established that the patient is of a nervous, worrying type, or is carrying a great load of anxiety, quiet and helpful reasoning on the part of the physician or practitioner

may bring a new sense of proportion and a lifting of the burden which will do much toward helping the appropriate remedies to completely cure the disease.

I remember a case of a young woman who came to be treated homœopathically, because she had a duodenal ulcer. She had been X-rayed and an operation advised. She was extremely nervous, full of anxiety and very irritable. She suddenly confessed that she seemed to be two people or to have two minds, one always contradicting the other. After eating and while she was having her meals she felt considerably better. She was given *Anacardium orientale* (a unit dose of the 200th potency). Her symptoms gradually vanished and when she was X-rayed some three weeks later, it was revealed that the ulcer was cured. A startling advertisement for the efficacy of homœopathic medication. But not all cases will respond so easily.

Where meals are taken persistently at irregular times, due perhaps to force of circumstances, and always in cafés, hotels and restaurants, where so often food is poor and of little value after constant re-heating, the tendency to stomach disorders is not so easily treated. A commercial traveller came to me in great distress with pains in his stomach, he had to keep nibbling biscuits to keep free, his work was worrying for trade was difficult. At home on holidays, with home-made bread, vegetables from the garden and a peaceful atmosphere, he was fit as a fiddle, but as soon as he was "on the road" again his trouble returned. He was very prone to crops of boils and suffered from constipation. *Sulphur* 30 in weekly doses for four weeks and *Lycopodium* 6 night and morning made the most amazing improvement, and although he has had slight returns, there has never been any need for him to continue his nibbling, and what is more, he has become a more successful traveller. He is steadier in every way and able to work with greater zest and interest. If this man could be assured of regular meals—so necessary to the *Lycopodium* patient—and food free from artificials, not

cooked in aluminium and ruined by twice cooking and overheating, he would be completely fit.

This brings us again to the great problem of diet and the necessity for the insistence for pure whole foods. The constant introduction of artificial fertilizers to the soil creates food lacking in the vital forces so necessary to health. The devitalizing processes to make flour and sugar white, makes them poisonous to the digestive system and creates those conditions of hyper-acidity, the forerunner of many ulcer conditions. Nevertheless, diet for the treatment of ulcers, gastric or duodenal, must be prescribed for the individual. Much will depend on whether haemorrhage is present or not.

Where the ulcers are of the non-bleeding type, a simple wholesome diet will be sufficient. New bread, alcohol, spices, sweets, meat soups and red meat and all fried foods should be avoided, but there is generally little need to have an entirely milk diet for months or long periods in bed. If on the other hand there is evidence of bleeding, a period of fasting may be necessary and complete rest in bed, a 5 per cent solution of pure cane sugar in water may be taken daily and as improvement sets in, milk and gruel—Slippery elm and arrowroot may be added ; later, eggs in milk, junkets and very thin wholemeal bread (made from fine wholemeal flour, not coarse), with butter, pounded fish, and purées will gradually build the patient and accustom the digestion to more normal activity. The remedies that are helpful are numerous, but must be prescribed always on the Homœopathic principle of that which is the most similar to the patient. Those enumerated below are some that will cover certain types of symptoms, but if no lasting improvement is achieved, then the advice of a Homœopathic physician or reliable practitioner should be sought immediately.

Kali. bich. 6. Vomiting, burning pain, digestive disorders, due to heat.

Anacardium 6. Irritable, bad tempered patients, nausea,

chilliness, increased flow of saliva. Better for sun-bathing.

Carbo. veg. 6. Pressure in the stomach, distress and tightness in the abdomen, better after eructation and passing of wind, burning pains; aversion to fat and fat pork.

Ignatia 6. Nervous patients with changeable moods, improved from eating. Constipation and ineffectual urging.

Nux vomica 6. Constipated patients, all troubles aggravated in the morning, after eating; cutting, burning pains; physical weakness.

Bryonia 6. Feeling of a load or weight in the stomach after meals. Dislike of fat and movement. Bitter taste in mouth and great thirst. Better by pressure. Worse by walking in fresh air, by touch, night and morning. Hard dry stools.

Pulsatilla 6. Pressure and pain in stomach after the lightest meal. No thirst, chilly patients. All symptoms worse by warmth, indoors; better moving in the open air.

These remedies can be taken three-hourly and the interval lengthened as improvements sets in.

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THE HOMŒOPATHIC TREATMENT OF COMMON LIVER & GALL-BLADDER DISORDERS

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DISCUSSION

Dr. MACKILLOP thanked Dr. Ledermann for a most interesting paper. He had covered a very wide field in dealing with diseases of the liver and the paper was most comprehensive in that he had touched on quite a number of aspects of liver disease apart from the clinical, for instance, pathological, psychological, and so on. He had also summarized, as was necessary in a paper dealing with