

9. *The Principles and Art of Cure by Homœopathy*, Hert A. Roberts.
10. *Who Are The Quacks?* An article by William Howard Hay, M.D.

—*The Layman Speaks*, September, 1954.

ORAL CONTRACEPTIVE

DR. B. C. CHATTERJI, M.D., BHATPARA

No doubt that Homœopathic world today is greatly indebted to Dr. M. Masood of Lahore (Pak.) for his brilliant research and extensive studies, in establishing sterility effect of Nat. Mur., for successful way of "Planned Parenthood or Family Planning", as we call it.

It has been established by Dr. Masood, Nat. Mur. acts as an antiprogestosterone and interferes with the peripheral action of Progesterone on the endometrium of the uterus. Progesterone is responsible for the development of the uterus preparatory to the implantation and nourishment of fertilised ovum. It causes development of the endometrial stroma and especially of the endometrial glands which are found in active secretory phase. Practical methods available for determining ovulation are as follows.

Some women can identify the time of ovulation by the occurrence of cramp-like feeling in the lower abdomen, or the appearance of a slight vaginal discharge, spotting or even bleeding. There may also be some tension in the breasts at this time. If these symptoms occur regularly on a definite day of the menstrual month, they may signify that the woman is either ovulating or is about to ovulate at that time, but most women cannot tell by any subjective symptoms when ovulation takes place.

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