

were tubercular abscesses, from enlarged cervical glands at the base of the neck. (L. C. Scholes.)

HEART

Palpitation early in morning; anxious palpitation, beats so hard can be felt all over body; palpitation with cough and *sticking* pains in lungs; palpitation severe by deep inspirations; palpitation with pain in the back; palpitation during night, < when raising himself up; wakens at night with palpitation; palpitation when ascending, with difficult respirations; palpitation and numbness; palpitation from emotional excitement; palpitation after the evening meal.

Sensation of fluttering and flopping over of heart.

Valvular insufficiency; could not lie on left side; could not lie down, must have three pillows.

Pulse full and hard; soft, weak and easily compressed; irregular.

Sensation of heaviness and pressure over heart.

Aching in heart.

Sensation of intense anxiety in region of heart, especially *worse on waking*; waves of nervousness or quivers rising to heart region.

(To be continued.)

—The Homœopathic Recorder, Feb. '56.

RAMBLING WITH KENT

DR. NOEL PUDEPHATT

The potency question has been a perpetual headache with Homœopaths, especially the layman, and the question one is invariably asked: "What potency shall I give, and how often should it be given?"

The late Dr. James Tyler Kent has much to teach us on this vexed problem, so I propose, herewith, to quote from his writings, and thus, perhaps, give some sort of guide

to the layman of some experience, but I am afraid that to the novice it will all seem double-dutch, so please forgive me, Mr. Beginner.

Kent states :

"I have been in the office of many homœopathic physicians who have in their armamentarium nothing but tinctures...I have been in other physicians' offices where nothing could be found but CM.s." "In my opinion, that too was a somewhat arbitrary selection ; there is a wonderful latitude between the tinctures and the CM.s, and in my judgement the selection of the best potency is a matter of experience and observation, and not as yet a matter of law."

I am sorry about the last two lines of the above quotation, Mr. Layman, but there it is. Be not disheartened, for there is light in the darkness.

Kent goes on to say :

"We might well begin with Hahnemann's statement that the 30th is low enough or strong enough to begin with. Individualization, in regard to potencies as in other branches of homœopathic work, furnishes us with an additional element of accuracy and success, enabling us to reach certain cases that we otherwise could not reach. Some patients are very sensitive to the highest potencies, and are cured mildly and permanently by the use of the 200th and 1000th potencies; there are other individuals who are torn to pieces by the use of the highest potencies. Patients who have heart disease, or who are suffering from phthisis are apt to have their sufferings increased and the end hastened by the highest potencies ; they do better under the 30th or 200th. Sometimes very sensitive patients will do well on a high potency if they have been prepared for it by the use of a lower potency. I have frequently seen patients recover from their symptoms for a while under the 1000th potency. and then the remedy would cease to act. A repetition of it would be followed by no effect. The 10,000th would then produce a very beneficial effect and make the cure permanent. Give the necessary doses at long intervals until

the repetition brings no effect; then if you are sure that it is the simillimum give it in a higher potency until that ceases to act, and finally the highest."

"In this way we can put a patient on a series of potencies and keep up a prolonged curative action lasting for *several years.*" (Italics mine.)

"Degrees are in sevens (Kent is of course referring still to potencies) as in octaves of music. If you strike too high, she is not sensitive, it is not sufficient. *Keep to the mild potency so long as it works.* It is not well to jump too many degrees. From the crude to the 10,000th there is a range of degrees in the ordinary person. You do not go from the first to the last in music, it does not preserve the chord, you take the thirds and the fifths. You can repeat the series, beginning with the lower potencies, and do good work. Too high a potency gives an unnecessary aggravation, and then will not perform the best curative action. The best action is the slight aggravation, as in the first few hours in the acute disorders. *The ideal is the one that gives no aggravation but amelioration.* We do not seek to produce an aggravation, that is not the best, not the longest curative effect. As a rule, two doses (sometimes three) in the same plane (i.e. potency) give the best results. It has become almost routine, as the records indicate, *that the third dose in the same potency gives no effect.*" (Italics mine.)

To recap, Kent teaches:

1. The potency to be given is a matter of experience and observation, and is not yet a law.
2. The 30th is a good one to start with.
3. Sensitivity to potencies varies in patients.
4. If you have the right remedy, they go up a series to the highest if necessary.
5. Degrees are in sevens. What he means to say is this, the 30th, 200th, 1,000th, 50,000th, 100,000th. D.M.
6. Best results are obtained by giving the same potency twice only.

A final tip he gives us is, that, constitutions *can* be changed, and in order to do this potencies from the Mother tincture in a series to the highest may have to be given over a number of years. He has done this.

Patience is indeed a virtue!

How many people, these days, when everything must be done at once and at full speed, are prepared to wait two or more years to be cured of their chronic complaints?

—*Health & You, Nov. 1955.*

THE HOMŒOPATHIC MEDICAL ASSOCIATION, MEERUT DISTRICT

Under the auspices of the Homœopathic Medical Association, District Meerut, a Divisional Homœopathic Conference was held on 15th April 1956 in the Patel Mandap Nauchandi Fair. More than 100 Homœopaths from all the Districts i.e. Dehradun, Muzaffarnagar, Meerut, Bulandshah and Bijnor attended the conference as delegates.

Dr. Youdh Vir Singh, Health Minister of Delhi Pradesh, inaugurated the conference. He said that this type of conference should be organised as it is easy to hold and convenient for the doctors to attend. He congratulated the Meerut Association for holding the conference. In his inaugural Address he said that Homœopathy cannot be subdued, however strong the opposition may be, if we Homœopaths really try our best to serve the people of our country and do not hanker after making money. Selfless service of the masses will make Homœopathy invincible.

Earlier Dr. J. M. Chaudhuri, Chairman of the Reception Committee, while welcoming the honourable guest, Dr. Youdh Vir Singh, Dr. L. B. Nigam, president of the Conference and the delegates who came to this historic City of Meerut, emphasised the necessity of unity amongst the