

A Guide to
HOMŒOPATHY

Rational Medicine

THE BRITISH HOMŒOPATHIC ASSOCIATION

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BRITISH HOMOEOPATHIC ASSOCIATION

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A Guide to Homœopathy

First Edition 1954

Second Edition 1957

Third Edition 1962

Fourth Edition 1970

Fifth Edition 1974

Sixth Edition 1975

Seventh Edition 1977

Published by

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Safety in Homœopathy

MEDICINE has undoubtedly made great advances in recent decades. Major wars have been fought without the former shocking mortality among combatants from typhoid, typhus, tetanus, sepsis and malaria. The whole outlook has been altered for the sufferer from such erstwhile dread complaints as tuberculosis, diabetes, pernicious anæmia and leprosy. The expectation of life has been prolonged and infectious diseases have been to some extent brought under control.

It might be thought, therefore, that with all this progress there was not much scope nowadays for a method of therapy introduced over a century and a half ago. Actually the reverse is the case. All is not well with modern medicine, as the overfull hospitals and the ever-soaring cost of the National Health Service only too clearly testify. The unfortunate fact is that the liberal and more or less routine use of modern medicaments may in itself be responsible for a great deal of drug-induced ill-health.

Further, week by week the evidence piles up, revealing in a most alarming manner the dangers and risks accompanying the use of these modern drugs. And increasingly warnings are given in the medical journals against their indiscriminate employment. In the glamour of so-called progress and amid the clamour of demands for what is "new" the claims of simpler and safer remedies employed homœopathically tend to be ignored.

This is unfortunate, for this method of therapy, being based on co-operation with nature, is one that is good for all time. It gives rich rewards to those who seek its benefits. It has today a large number of firm adherents in many lands. Indeed, those who have discovered its merits, whether doctors or patients, become increasingly convinced of both the efficacy and the advantages of this form of treatment.

A Vicious Circle

Modern drugs have often proved life-saving, great advances have been made in surgery and other fields of therapy, but popular medicine has found no panaceas for many of the diseases which still beset mankind.

Enormous sums are spent on research. Drugs are being prepared to overcome germs—the list of antibiotics grows and grows—and fresh insecticides are constantly being introduced. But the subjects of these attacks have a way of becoming immune to the action of the drug, and fresh search has to be made for some new compound to deal with the "resistant" germs or parasites. This is a vicious circle and it may fairly be questioned whether any results of lasting value are to be hoped for along these lines.

Fashions in medicine change almost from year to year. What was hailed yesterday as being a discovery of vital importance in

drug prescribing is today cast aside as being of doubtful value, if not indeed dangerous in its unforeseen side-effects. At the same time it is a matter of historical record that the discoveries of many pioneers, including those in the field of medicine, have been suppressed because of professional prejudice.

Because of its efficacy in the treatment of all kinds of illness, both in the mental and in the physical sphere, and by its emphasis on countering hereditary disease taints, homœopathy is a tremendous potential asset in the war with disease.

Under this treatment serious illnesses are often cut short; there is an absence of side and after-effects; convalescence is less prolonged and results more lasting. Perhaps the most spectacular results seen from the use of homœopathy through succeeding generations is in the remarkable improvement in the all-round health, mental as well as physical, of the children.

“Blunderbuss” Concoctions

Samuel Hahnemann, the founder of homœopathy, proved over a long life-time of successful practice that sick people could best be treated by specially prepared infinitesimal doses, which aimed at removing the underlying causes of disease. He abhorred the “blunderbuss” concoctions of drugs, in possibly dangerous doses, which at their best could only alleviate symptoms, while at their worst the results could be disastrous.

Hahnemann, believing that he had at last found the one completely rational system of combating disease, on the principle that “like cures like”, was unyielding in his insistence that his methods should be followed exactly or not at all. While he gained a great number of enthusiastic followers in many lands he encountered many enemies.

He was hounded from one town to another in his native Germany, chiefly by the apothecaries. They revolted against his infinitesimal doses which, they thought, would strike at the foundation of their lucrative businesses. But if they had had the foresight and humanity intelligently to co-operate with him they might, in the long run, have benefited, and not least by the great esteem which would have come to medicine as a result of Hahnemann’s gentle yet so effective system of prescribing. This is based on the principle of stimulating the body’s own natural resistance to disease and not blindly attacking the disease symptoms, or seeking to destroy germs and viruses within the body—a risky proceeding.

By his uncompromising attitude Hahnemann encountered a formidable resistance among his contemporaries. They were incredulous that such seemingly miraculous results in all kinds of virulent and, to them, baffling disease, could be obtained by the new system of medication. Those who might have been convinced of its fundamental truth were discouraged by the profundity of learning and painstaking application which it entailed.

Especially was this so in the new plan of studying the patient as a whole and as an individual, and of treating the sick person instead of just handing out routine treatment in accordance with the disease label.

Hahnemann treated thousands of people with undisputed success. His records prove it. His followers did likewise, as their records show. And there are also the records of those who came after them, down to the present day.

Today, despite the honours which have fallen upon homœopathy, and despite its recognition under the National Health Service, it is unofficially, if not semi-officially, regarded as being in the backwaters of medicine; and this despite the justification of its claims in the light of modern knowledge.

Need to Co-Ordinate Training and Research

Because of the vast quantity of material available today in the study of medicine there is clearly urgent need for closer co-ordination of training and research. The medical student has become a beast of intellectual burden, floundering in a mass of detail.

The secret of the power of the infinitesimal dose undoubtedly lies in its ability to permeate cell membranes. And in this branch of medical science bio-chemist, physician and mathematician, by sympathetic co-operation, should be able to decide what really happens when a dose of homœopathic medicine is given. At present all that is known is that if correctly chosen the medicine is effective.

The Boyd Medical Research Trust, Glasgow, after many years of painstaking work, has produced by accepted laboratory techniques scientific proof of the activity of infinitesimal doses of medicine. A report published in the *British Homœopathic Journal*, the organ of the Faculty of Homœopathy, in January, 1954, gives details which establish that these microdoses are effective. It also contains evidence of the existence of a phenomenon, or force, new to science.

Homœopathy is fundamentally a difficult subject, both to learn and to practise. This undoubtedly deters many medical men from undertaking the special training involved.

Nevertheless, it should weigh heavily on the conscience of those responsible for the national health that nothing has officially been done to bring its advantages to the notice of newly qualified members of the profession, and that facilities for its study have not been made available—either in the graduate or post-graduate curriculum.

Homœopathy should be fully incorporated in whatever may be the accepted structure of the medical services. Its furtherance should no longer be left only in the hands of a comparatively few people, professional and lay.

Hahnemann's Discovery

THE principles of homœopathy, "the rational art of healing" were first expounded in 1796 by a German doctor, Christian Samuel Hahnemann, who was born at Meissen in 1755 and died in Paris in 1843. He enjoyed an international reputation as physician, scholar and chemist.

While translating Cullen's "Materia Medica" he found himself in disagreement with the author regarding the action of quinine. Testing the drug on himself he found that it produced symptoms of malaria, for which it was the recently introduced cure. It seemed to him possible that here was a law of drug action such as he was urgently seeking and he tested remedy after remedy, to find repeatedly that drugs which produced certain symptoms could cure sick individuals presenting similar symptoms.

The phrase which he adopted and proved true in a life-time of research, *Similia similibus curentur*—"Let like be treated by like" is the fundamental principle of the whole science of homœopathy.

Guided by this "law of healing" he at first prescribed substantial doses, which often evoked severe initial aggravation of the symptoms, even when ultimate results were good. To obviate this he diluted them, but in an orderly fashion of his own, only to find not diminished but enhanced medicinal power.

This was only, of course, where the medicine was used homœopathically—to cure what it could cause. Infinitesimally attenuated, any poisonous properties of the drug were lost, together with their substance, nothing remaining but pure curative energy. Thus dilutions became for him potencies; and potentisation was his second great discovery. This may be explained as the technique employed to release the latent medicinal properties of the innumerable substances which he found could thus be made therapeutically active.

Opposition from Druggists

Scientists of his day, unaware of the immense power of the infinitely little, on which today we greatly rely, had nothing but ridicule for the innovator. As in the case of all medical pioneers, Hahnemann met with strong opposition.

The world, however, has in some respects moved on and present-day knowledge has justified him. Scientific and medical thought is now largely concerned with the resistant powers within the body and with those forms of treatment which cause these powers to be exerted in combating disease.

His three great works. "Materia Medica Pura," "Organon of the Art of Healing," and "Chronic Diseases," testify to the profundity of his scholarship and the correctness of his observations.

Only recently has it been realised that these findings by Hahnemann and his followers, based on actual experience, are being confirmed by some of the most modern developments of medical thought; while the importance he attached to mental symptoms and to the effect of drugs on the mind proves him to have been a pioneer in medical psychology.

Modern ideas in science and philosophy are increasingly justifying the homœopathic outlook. Even the derided infinitesimal dose has now been proved to be active by rigid scientific tests.

An example of the modern application of the "law of similars" is the use of vaccines in immunology. The principle made use of is that small doses of a disease-causing agent can be used to stimulate the "resistance" of the tissues to infection with the same agent. It was, of course, Hahnemann who first applied this principle in practical therapeutics, both in relation to infections with his disease "nosodes" and also in a much wider range of complaints with his "similar remedy".

ROYAL PATRONAGE

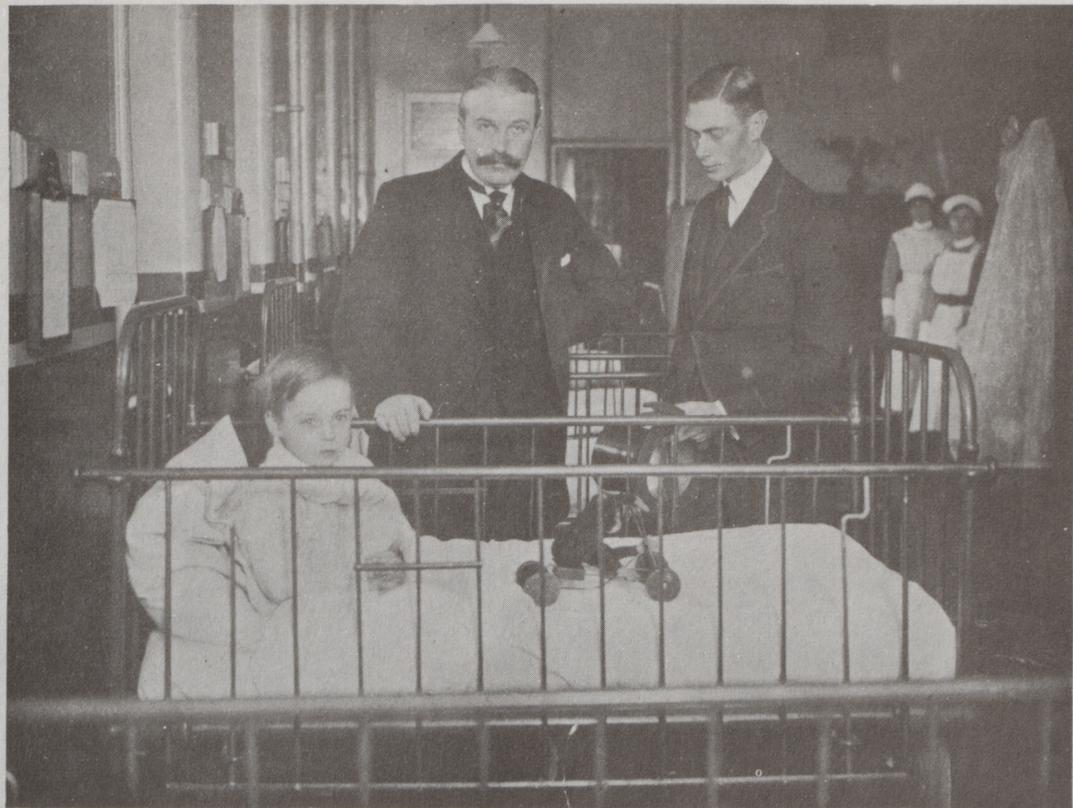
Homœopathy in the National Health Service

THE late King George VI was Patron of the Royal London Homœopathic Hospital. In a letter to the chairman on the occasion of the centenary of the hospital, in November, 1949, he wrote :

"I have now been personally associated with the Royal London Homœopathic Hospital for a quarter of a century and am therefore especially glad to join in the celebrations of the hospital's centenary. To all connected with it I send my sincere congratulations, with the earnest hope that it may long maintain its record of achievement."

In September, 1952, shortly after her accession to the Throne, Queen Elizabeth II bestowed her patronage upon the hospital.

Homœopathy is an integral part of the British National Health Service. Assurances have been given that the continuity of the special character of the homœopathic institutions will be maintained. The Faculty of Homœopathy Act was passed by Parliament in 1950. This is really the Charter of Homœopathy. By it the Faculty is legally recognised and its objects defined.



A rare camera study of H.R.H. The Duke of York (the late King George VI) and Sir John Weir



Queen Elizabeth the Queen Mother in the Children's Ward during a visit to the Royal London Homœopathic Hospital.



Dr. Blackie accompanies H.M. The Queen at the 1970 Congress

THE ROYAL LONDON HOMŒOPATHIC HOSPITAL



TRAINING A DOCTOR

Post-Graduate Study

MOST doctors who investigate homœopathy with an open mind become interested in it, and in fact it is extremely unusual for a doctor to return to the old method after giving homœopathy a serious trial.

The study of homœopathy in Britain, as in other countries, is a post-graduate one—every homœopathic physician must first become qualified in ordinary medicine, and his name must appear in the medical register. After the normal qualifying course in medicine he must undertake specialised study and training in homœopathy.

The Faculty of Homœopathy is the body governing education in homœopathy; it holds examinations and grants the Diplomas of Membership (M.F.Hom.) and Fellowship (F.F.Hom.). Possession of a Diploma means, therefore, that the graduate has undergone a further period of training and has by examination satisfied the requirements of the examining body set up by the Faculty of Homœopathy.

The prospectus of the Post-Graduate School of Homœopathy of the Royal London Homœopathic Hospital states :

“The post-graduate courses at this hospital are primarily intended for qualified medical men and women with no knowledge of homœopathy who hope to take the examination for the Diploma of the Faculty of Homœopathy. One year’s course (with attendance at the in-patient and out-patient services of the hospital) may be considered the minimum time necessary to reach the standard of this examination.

“This post-graduate course aims at supplying to any enquirer the means that will enable him not only to watch intelligently the work of his tutors but also to make the personal tests which alone should convince him of the usefulness of the practice.

“To this end the attempt is made to link the study of the *materia medica* to its practical clinical application. The repertory is a dictionary of recorded symptoms showing the drugs that can cause them. In applying homœopathy to a difficult case the homœopathic repertory fulfils a function analogous to that of a dictionary when studying a foreign language. Consequently special classes are devoted to teaching the best way to use the repertory.”

Information regarding these facilities can be obtained from the Dean of the Education Course, the Royal London Homœopathic Hospital, Great Ormond Street, W.C.1.

Similar facilities are available in Scotland. Particulars may be obtained from the Superintendent, Glasgow Homœopathic Hospital, 1,000 Great Western Road, Glasgow, W.2.

The normal fees payable for these courses are waived for undergraduates. The Homœopathic Research and Educational Trust,

believing that many physicians desirous of studying the homœopathic methods may be unable to afford the cost of journeys from distant parts of the country, have made available a limited number of scholarships to enable doctors to attend the hospitals for instruction. Scholarships and grants offered by the trust are only available for medical practitioners on the British register.

Full information of these facilities may be obtained from the Secretary of the Trust, the Royal London Homœopathic Hospital, Great Ormond Street, W.C.1.

THE SCIENCE OF HOMŒOPATHY

Special Technique

HOMŒOPATHY is a branch of scientific medicine which necessitates a competent knowledge of all other subjects included in the term "medicine"—anatomy, physiology, pathology, bacteriology, bio-chemistry, psychiatry and clinical diagnosis. But before detectable pathological changes appear a patient often has symptoms, and the homœopath in treating these early stages of disease, saves his patient more often than he knows from serious illness.

Homœopathy has discovered that substances which are poisonous in their natural state can be used to cure, but to cure only that which they can cause. The name homœopathy (from the Greek "*homoios*", similar and "*pathos*," suffering) expresses its basic principle—"the curing of likes by likes."

The use of minute doses is a necessary corollary of this principle. Indeed, the great power of the infinitely little, and the opposite effect of large and small doses have been demonstrated in recent times in connection with vitamins, the minute traces of certain minerals necessary to plant life, and atomic fission.

Drug Effects on Cells

But how can a drug which produces the symptoms of a disease be also the instrument of its cure? The reason in part may be found in the opposite effect of large and small doses on cells.

These have been demonstrated by experiments with yeast and arsenic. While large doses of the poison destroyed cell life, and smaller doses arrested its activities, very small doses actually stimulated the growth of the yeast cells.

Thus was shown in a simple organism what Hahnemann had discovered in regard to the more complex organism of the human body. As Hahnemann showed, by sub-division and dilution a drug may be transformed into a very powerful agent which, when applied homœopathically, can stimulate the body in its fight against disease.

RECORDS OF SYMPTOMS

Materia Medica in Simple Language

WHILE Hahnemann tested a large number of drugs on himself, other provings were made with the co-operation of several members of his family and enthusiastic followers of his new system, both lay and professional. Provings of hitherto untried substances are still being made.

These records of the symptoms which drugs can cause have been collected in the materia medica. And as they are written in simple every-day language with the avoidance of technical terms they can be easily and accurately matched with those described by patients.

Down the years the followers of Hahnemann have stressed the individuality of every person. To them the make-up of the individual, not only physically but mentally and emotionally and in relation to his environment, has been of vital importance in making a prescription.

To them the soil wherein the infection develops is of the greater importance, for the more healthy the soil the less the damage caused by the invader. Thus has been anticipated for many years the doctrine of "constitutional medicine" now appearing by gradual evolution in the great teaching centres of our country.

PREPARING THE REMEDIES

From all Kingdoms of Nature

HOMŒOPATHIC remedies are derived from all the kingdoms of nature, including such varied substances as bee stings and snake venoms, arsenic, gold and silica (sand) and even from disease tissues. To date upwards of 2,000 different such medicines are known, although a much smaller number is found adequate for common use. In fact about 24 would form the basis of a domestic medicine chest. Twelve will suffice for a first-aid outfit.

Each remedy has different characteristics which demand individual treatment to prepare the initial, or "mother" tincture (Ø). Having reached this stage, the pharmacist can undertake the potentisation.

This is the process of diluting the drug in proportions of one in 10 or one in 100 (for decimal, "x", and centesimal, "c", potencies respectively) with succussion, i.e., vigorous shaking, at each stage. Thus, by taking one drop of mother tincture of the soluble remedies and adding it to nine drops of an inert liquid with succussion is produced the 1x potency; one drop of 1x added to nine drops of diluent with succussion gives the 2x potency, which equals 1/100; 3x equals 1/1,000 and 6x 1/1,000,000.

For centesimal potencies the dilution is one drop of the mother tincture to 99 drops of diluting medium; 1c being equal to 1/100, 2c to 1/10,000 and 3c to 1/1,000,000. Thus the 30th centesimal potency (30c) means that the original substance has been diluted down, one in 100, thirty times, with succussion at each stage. Arithmetically this would be represented by the figure 1 over 1 followed by 60 noughts. Potencies in the centesimal scale are usually written without the letter "c", this being understood.

Value of "Inert" Substances

Hahnemann showed that substances which for centuries had been considered inert (being in their pure state insoluble), may become therapeutically active by means of trituration.

For example, gold, silica, carbon and graphite, after six or three triturations (each time one grain ground up for an hour with 9 grains of milk sugar, for decimal potencies, or 99 grains, for centesimal potencies) are rendered soluble in alcohol or water. Subsequent, or higher, potencies are then produced by the same method as employed for liquid drugs.

Low potencies range from 1x to 12c; medium from 12 to 30, and high, 200 upwards. An average potency for most medicines, suitable for domestic use is 30. Only experienced practitioners should employ higher potencies.

The dilution of 30c is so great that no trace of the original drug material can be found by chemical analysis, but it does possess a form of radiation energy which is released by this process of repeated sub-division.

Prophylactic Uses

The value of the prophylactic uses of homœopathic medicines during epidemics has also been proved. Even when persons who have taken preventive remedies do succumb to infection the attack is frequently modified.

Some of these homœopathic remedies are called nosodes. They are prepared from disease tissues or cultures of bacteria, but contain no actual germs. They are used to stimulate the production of natural anti-bodies against infection.

Homœopathy not only accurately assesses but enormously increases the value of drugs by its exact methods of preparation and prescribing.

DANGER OF CRUDE DRUGS

Homœopathic Medicines Safer

IT is common knowledge that frequent recourse to drugs is practised in countless households. But because they are taken in material doses they are capable of doing positive harm. Drugs

given in large quantities to overcome disease are likely to reduce, if not nullify completely, nature's constant efforts to maintain and regain health.

Remedies homœopathically selected, and prepared in the fine dosage of the "potencies" provide safer and surer ways of treating common maladies. They have an undoubted sphere of usefulness in homes, factories, schools and other institutions. But it must be emphasised that in serious or prolonged illness professional attention must be sought.

It is sometimes thought, quite wrongly, by both doctors and lay people that homœopaths are reluctant to make use of other forms of therapy. Where surgical, manipulative or other physical treatment is necessary such means will be employed in association with the use of homœopathic medicine.

SELECTING THE REMEDY

Importance of Details

HOMŒOPATHY does not prescribe for symptoms as such but is guided by the symptom picture to the choice of the similar remedy. This is the drug that can produce symptoms similar to those from which the sick person is suffering.

For this it is necessary to know the *details* of the patient's symptoms, especially those that are striking and prominent, so that these can be matched with corresponding details in the materia medica picture of a drug. For instance :

Two patients complain of "rheumatic" pains. In one case the pains are relieved by movement, in the other the slightest movement increases the pain. They will not receive the same remedy.

Two persons are afflicted with a severe cold in the head. In one the nasal discharge is watery and "burns" the nostrils, in the other the discharge is thick and does not tend to make the nose sore. A different remedy will be indicated in each case.

One cough is made worse on going out into the cold air and is better on coming into a warm room. Another is aggravated by change of atmosphere from hot to cold and also from cold to hot. Again a separate remedy will be called for in each case.

One sufferer from indigestion finds relief by taking hot fluids, another desires cold drinks or ice-cream. Again the remedy will differ according to the individual likes, dislikes, ameliorations or aggravations in relation to diet, atmosphere, posture and so on.

A headache may demand that the sufferer lie down flat in a darkened room, or in another case relief is obtained by sitting up or walking about. These symptoms call for different medicines.

These examples show the importance of detail in matching the prominent features of the patient's symptoms with symptoms that are also prominent in the drug-induced symptom pictures as found in the *materia medica*.

Constitutional Types

Homœopathy also prescribes for the sick individual as a whole. It is, therefore, important to know the constitutional type of the patient, both emotionally and physically. This is especially so in dealing with chronic conditions. For example :

A well-groomed, fastidious, house-proud person, who must always be doing something, feels the cold terribly, worries unduly, and does not know how to relax, will be helped by *ARSENICUM ALBUM*.

An artistic, affectionate, somewhat delicate individual, afraid of the dark and adversely affected by thunderstorms is likely to need *PHOSPHORUS*.

A placid, warm-blooded, person, somewhat given to tears, fond of company, and capable of self-pity will probably respond to *PULSATILLA*.

A conscientious worker, intellectually alert, physically not too robust, not keen on parties but averse from complete solitude, feeling the cold in winter but exhausted by great heat, may well be a subject for *LYCOPODIUM*.

It is by a study of the patient's personal characteristics, such as these, that further guidance is obtained in remedy selection, and certain remedies not suited to the individual type can be ruled out. It should be noted that considerable knowledge and experience are required for the correct and safe use of the deeply acting constitutional remedies.

The homœopathic physician will also at times have to take into account the patient's antecedents and past medical history, as these may bring to light details which have a bearing on remedy selection.

Where the remedy has a number of symptoms over and above those shown by the patient these are ignored. To match the outstanding symptoms in the patient is the objective, not that the patient must show all the symptoms in the remedy.

The administration of the correct remedy may produce speedy relief or the effect may be somewhat delayed, especially in the more chronic type of illness. Sometimes the initial effect is an aggravation of the symptoms, perhaps quite severe. This is a good sign and should not be interfered with.

THE BRITISH HOMOEOPATHIC ASSOCIATION

27A Devonshire Street, London, W1N 1RJ

ITS STATUS AND WORK

Founded in 1909, the B.H.A. is a body corporate registered under the Companies Act, and has the status of a Charity. Its membership is wide, varied, and active. It includes many doctors in this membership; but it is primarily an Association working with and for laymen, and entirely independent.

The B.H.A. works to extend the knowledge and use of homoeopathy among men and women of all walks of life in the U.K. It encourages the study of homoeopathy, publishes and distributes books and pamphlets, and provides a valuable information service on homoeopathy, including advice on how to obtain treatment from qualified doctors.

Relying on the enthusiasm and generosity of its members, the B.H.A. in general furthers the cause of homoeopathy with all its energy.

TERMS OF MEMBERSHIP

MEMBERSHIP is open to members of the general public interested in the development of homoeopathy and to all qualified doctors.

Life Members (limited to those over 50):

Donors to the general funds of the Association of not less than £65.

Members:

An annual subscription of not less than £4.50.

LIFE MEMBERS and MEMBERS receive the Bi-Monthly Journal free of charge. They are also entitled to use the unique library at the Association's office, and to receive books from it on loan.

Overseas Membership £5.50.

PAYMENT BY BANKER'S ORDER

Members may save the trouble of annual remittances by completing the Banker's Order form within. If so, please return the completed Banker's Order form with your application. Your bank will automatically make your annual payments.

Students may apply with details to The Secretary for a concessionary rate.

BRITISH HOMOEOPATHIC ASSOCIATION

27A DEVONSHIRE STREET, LONDON, W1N 1RJ

APPLICATION FOR MEMBERSHIP

I wish to support the advancement of Homoeopathy and hereby apply to be elected as a LIFE MEMBER/MEMBER of the Association. I enclose remittance for £ which I agree to subscribe annually unless a Life Member.

Signature..... Date.....

Name in Full
(BLOCK LETTERS)

Title (Mr., Mrs., Miss, etc.).....

Address.....

PROFESSION, BUSINESS or OCCUPATION

APPLICANTS who are not qualified medical practitioners must also sign the following:

I UNDERTAKE not to use the Membership of the British Homoeopathic Association for any professional purpose whatsoever.

Signature..... Date

A/c No.
20183180

Code
40-07-07

BANKER'S ORDER

To THE MANAGER,

..... Bank

..... Branch

Please pay to THE BRITISH HOMOEOPATHIC ASSOCIATION,
General Fund, Midland Bank Limited,
39 Tottenham Court Road, London, W1P 0AR

the sum of £ , and continue to pay the same on 1st April of each year until countermanded. This Banker's Order cancels any previous Banker's Order by which payment was made to the British Homoeopathic Association.

Signed..... Date.....



COVENANT

Subscribers to Charities can increase their subscription by the income tax payable thereon.

It costs you nothing extra to covenant since the Law specifically allows this concession to Charities.

If you pay tax at the full standard rate on some part of your income, you can sign the simple Deed of Covenant overleaf, and thus enable the Association to reclaim the tax which you have already paid.

COVENANT

I,
(FULL NAME)

of
HEREBY COVENANT with The British Homoeopathic Association, 27a Devonshire Street, London, W1N 1RJ, that for.....years, or during my lifetime, whichever is the shorter period, I will pay to the Honorary Treasurer for the time being of the said Trust for the general use of that Trust, such yearly sum as, after deduction of Income Tax at the rate for the time being in force, will leave the net yearly sum of £....., such sum to be paid annually, the first payment to be made on the.....day of.....19.....

Dated this.....day of.....19.....

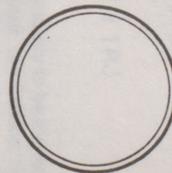
SIGNED, SEALED and DELIVERED by the
above-named
in the presence of:

Name

Address.....

Occupation

Signature



In very acute and urgent conditions, such as acute food poisoning, it might be advisable to give a dose of the indicated remedy every quarter of an hour till improvement is evident, when the interval between doses should be lengthened.

Usually in acute illness it is sufficient to give a dose of the remedy every four to eight hours. The rule is always to stop the medicine when the patient is definitely better, and not to repeat unless symptoms recur or fresh symptoms develop. In the latter case another remedy must be selected.

Homœopathy does not seek to control the individual symptom by coercion but to remove the underlying disturbance responsible for the symptoms, by suitable stimulation. It is often surprising to note how few doses are actually required to bring this about if the remedy has been correctly chosen. Whether dealing with acute illness or more chronic complaints the emphasis is always on the infrequent dose, that is, no repetition while improvement is maintained.

CARE OF REMEDIES

Storage and Handling Precautions

ONCE prepared the medicines require special handling and storage so that they may not lose their power and become inert as a result of contamination.

They should always be kept in the container in which they are supplied and never transferred to any other box, or bottle, etc., which has contained other substances.

They should be kept away from strong light, from great heat and especially from exposure to strong odours or perfumes, for example, camphor, menthol, moth balls, carbolic soap.

If stocks of remedies are kept in corked or screw top phials or bottles it is important never to uncork or uncover more than one remedy at a time. Neglect of this precaution would entail the risk of cross-potentiation and spoiling of the remedies.

Also the container should be uncorked or unstoppered for the minimum time required and care taken not to allow contamination of the cork or cap before replacement.

The medicines are usually supplied in the form of pills, tablets or powders. The dose should be tipped on to the clean palm and transferred to the mouth, or, if in powder form, be tipped direct on to the tongue. If, by accident, more pills or tablets than the prescribed dose are shaken out of the bottle they must on no account be returned to the container, but should be thrown away. To put them back would risk contaminating the remainder.

No water need be taken to "wash down the medicine". Absorption takes place from the mouth.

Sometimes the remedy has to be taken in water. The cup, glass or spoon used should be "cleansed" before further use with another remedy. This is best accomplished by dry heat, the heat of an oven for, say, half an hour.

The dose should be put into a "clean mouth". It should not be taken until the mouth is free from the effects of food, drink, tobacco smoke, toothpaste, mouth washes and confectionery.

While taking homœopathic remedies the use of all other crude medicines should be avoided, including laxatives, nasal drops and liniments. These may interfere with the action of the homœopathic remedy and destroy its effectiveness.

To ensure freedom from the risk of contamination at source the remedies should always be obtained from a reliable homœopathic chemist or from pharmacists who are prepared to take the precautions necessary to prevent the potencies from coming into contact with crude drugs.

ELEMENTARY USES OF THE REMEDIES

First-Aid and Common Ailments

WHILE it must be emphasised that the practice of homœopathy entails a detailed knowledge of the *materia medica*, nevertheless first-aid and domestic emergencies can often be treated homœopathically with eminently satisfactory results. This is partly because of the "affinities" of various remedies for particular tissues, and because experience has shown that injuries and common ailments usually respond to certain well-proved remedies.

Relief may be obtained in the case of slight accidents such as burns, bruises, cuts and stings. And ailments such as coughs, colds, sore throats and indigestion may be alleviated without danger of the undesirable after-effects which so often follow the indiscriminate use of the commonly prescribed drugs.

The doses recommended are so minute that provided they are not repeated too frequently or over too long a period they will not do harm. But whatever the trouble, it must be most strongly stressed that if any of these conditions do not readily yield to treatment professional aid should be sought.

The following section sets out a few examples of first-aid and domestic treatment. The potencies recommended should be adhered to by inexperienced prescribers, as they are neither too low in the case of remedies prepared from poisons nor too high for hyper-sensitive patients.

Accidents

Given internally ARNICA is the remedy *par excellence* for all cases of injury. It deals not only with shock but also with hæmorrhage and bruising.

Continued on page 23



GLASGOW HOMŒOPATHIC HOSPITAL



Arnica montana

My Discovery of Arnica

By Dr. R. A. F. Jack

“I didn’t even have to search for them”

From my plant book I learned that an Alpine plant may be defined as one which grows high up in the mountains above the tree limit. This limit varies in Switzerland from about 5580 feet (1700 m) to 7540 feet (2300 m) according to local conditions, such as protection from, or exposure to wind, the slope of the ground, and whether facing north or south. They have a very short period of growth, merely June to August, as there is no spring or autumn at that altitude.

I found another Arnica plant in bloom right on the top of the St. Bernard Pass, over 7000 feet high near a snow patch. It also was growing near the verge just over the Italian frontier, looking down over Aosta. I appreciate there must be innumerable Arnica plants all over the high mountains, but my specimens were all within sight and reach of the road, and I didn’t even have to search for them.

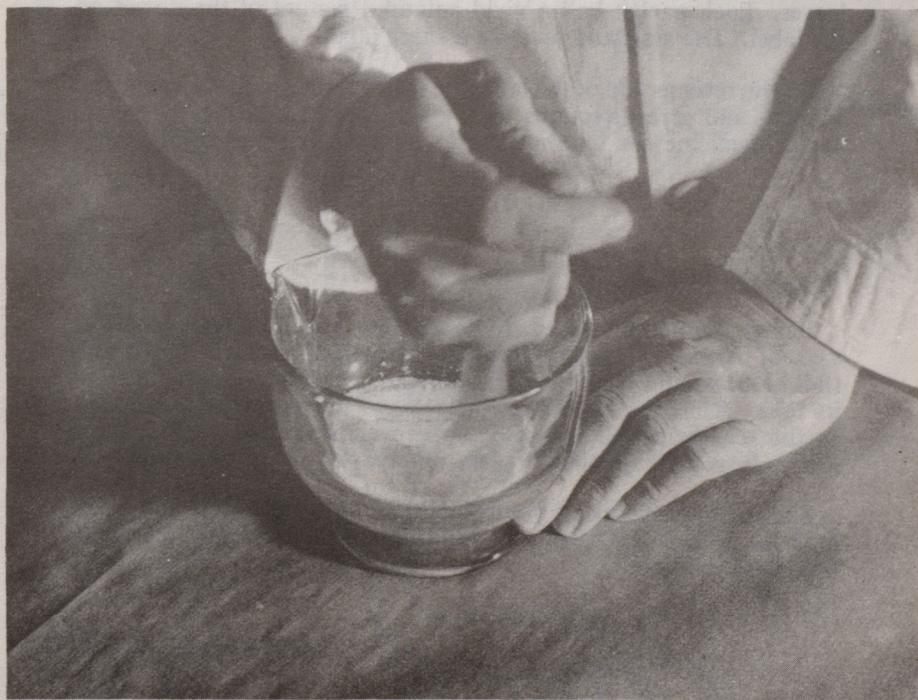
Later I found a chemist in Lausanne who sold packets of Arnica leaves. Each packet had a vivid coloured picture of the flower on the label. The assistant gave me a spare label.

On the reverse side of the label the instructions are in German and French, and give directions for making both an Arnica compress and a medicine for internal use to treat bruises and dislocations.

“Look for a Dock leaf”

In her fascinating book *Homœopathic Drug Pictures*, Dr. Tyler says of Arnica: “Arnica Montana, Mountain Arnica ‘fall kraut’ (fall herb) should be in every house, and everybody should know of its uses. Arnica grows all over the world in mountainous regions. In the scheme of the Almighty, wherever healing is needed, there it is to be found, whether in plant or venom—always at hand.”

She is right. Think of your childhood when you were taught to look for a dock leaf to rub on your nettle sting, and how it usually was close to hand.



In every case of serious accident give *ARNICA* 30 internally for shock before the doctor comes. Move the patient as little and as gently as possible in applying simple first-aid dressings. This precaution is most necessary to avoid the danger of a broken bone doing serious internal damage. Cover and keep warm, but avoid undue heating, which might cause sweating and increase shock.

Do not give alcohol in any form as it will increase the likelihood of bleeding, either external or internal. Do not give hot sweet tea or other fluids if there is any possibility of internal injury, internal hæmorrhage or that the injuries may call for hospital treatment and the administration of an anaesthetic.

Wounds and Sprains

ARNICA 30: repeat three times daily for a few days to counteract shock and promote healing.

HYPERICUM 30: give, after an initial dose of *ARNICA*, if the wound is of punctured type, e.g. needle prick or stab; if the wound is very painful, if there is injury to nerves or to the spine.

RHUS TOXICODENDRON 30: in any case of sprain; muscular stiffness after over-exertion or exposure to cold and wet.

Healing in injuries is assisted by the use of a compress of white lint or linen moistened with *CALENDULA* lotion or with *HYPERICUM* lotion, the latter being of special value in painful wounds. These two remedies are at least as effective as any of the commonly used antiseptics, and are less liable to cause irritation in "sensitive" people.

The lotion should be prepared by adding ten drops of the mother tincture (ø) of either remedy to half a tumbler of boiled water. When the compress becomes dry it should be moistened anew with the lotion. It is most important to note that dressings should be changed only if so soaked with discharge that they can be lifted freely from the wound. Much harm can be done and healing interfered with by frequent removal of dressings from a wound. The out-pouring of serum and discharge does not interfere with healing, but frequent swabbings and washings do.

Should signs of inflammation appear, that is redness, heat and swelling, *HEPAR SULPHURIS* 6 should be given two or three times a day till better.

Burns or Scalds

URTICA URENS 30: preceded by *ARNICA* 200 if shock is evident.

BELLADONNA 30: if inflammation threatens.

A compress of *URTICA URENS* tincture 1x, ten drops to half-tumbler of water, should be applied. But if this is not available a compress of *CALENDULA* or *HYPERICUM* lotion will be effective.

If the mouth is scalded by hot food or fluid *CALENDULA* lotion can be held in the mouth for a minute or so before spitting it out.

Poisoning and Stings

ARSENICUM ALBUM 6 or 30: poisoning from bad meat.

CARBO VEGETABILIS 30: poisoning from bad fish.

APIS MELLIFICA 30: bites and stings which burn and sting.

LEDUM 30: bites (e.g., dog bites) and stings when part feels cold.

URTICA URENS 30: nettle stings or rashes from contact with plants.

Epidemics (Preventive Treatment)

In case of exposure to infection the following remedies may be given as a preventive, one dose each night, six doses in all:

BAPTISIA 30: in the case of Influenza.

BELLADONNA 30: ... Scarlet fever.

MERC. COR. 30: ... Mumps.

MERC. CYAN. 30: ... Diphtheria.

PULSATILLA 30: ... Measles.

RHUS TOX. 30: ... Chicken-pox.

DROSERIA 30: ... Whooping cough.

These tend to act as preventives because they are leading remedies for these complaints. Even if an attack of the disease is not entirely prevented it will probably be greatly modified.

Chills and Colds

ACONITUM 30: at the onset, especially if after exposure to cold wind; frequent sneezing, dropping of clear hot water from nose, fever and thirst.

ALLIUM CEPA 30: much sneezing, eyes and nose stream, nose and lip become sore.

ARSENICUM ALBUM 30: painful sneezing, thin watery nasal discharge, possibly stuffed up at night; exceedingly chilly, and thirsty but only for sips.

BRYONIA 30: onset delayed, watery discharge; tendency to spread to chest with dry cough, which is worse at night.

NUX VOMICA 30: nose streams in warm room but is stuffed up at night; excessively chilly and cannot get warm; or cold and hot by turns, extremely irritable.

When the nose is stopped, this may be due as much to swollen membrane as to mucus; any hard blowing should be avoided. CALENDULA ointment inserted in the nostrils may give some relief.

Indigestion

ARNICA 30: due to shock (accidents); or IGNATIA 12: if due to emotional upset (bad news, etc.).

BRYONIA 30: acidity, weight in stomach after meals.

CARBO VEGETABILIS 30: flatulence after meals.

NUX VOMICA 30: result of nervous strain, or over indulgence.

PULSATILLA 30: from rich or fat food.

Toothache

PLANTAGO MAJOR 30: General remedy; tooth very sensitive to touch. Can be applied to gum in tincture form.

BELLADONNA 30: Throbbing pain and dry mouth.

CHAMOMILLA 30: Pain unbearable; worse from heat.

HEPAR SULPHURIS 30: Pain extending to ear.

Dental Operations

ARNICA 30: two or three doses daily, for a day or two both before and after tooth extraction or other dental procedures.

Use CALENDULA lotion as mouth wash.

TREATMENT OF ANIMALS AND BIRDS

Animals and birds respond to homœopathic treatment administered on the same lines as for the human species. One definite advantage of homœopathy is the simplicity of its administration and the fact that the medicines have no unpleasant taste. They can be dissolved in water or milk if necessary.

Considerable success has been claimed in the prevention of distemper in young dogs with the homœopathic nosode DISTEMPERINUM. It is possible that good results could be obtained along similar lines in handling tuberculosis in cows and other infectious complaints such as foot and mouth disease. The difficulty here is the lack of opportunity to carry out tests on a large scale.

A few examples of remedies which have been found useful in the treatment of animals are:

BELLADONNA 3: feverish conditions, such as distemper, associated with snappish ill-temper and staring eyes.

MERCURIUS SOL. 6: troubles of the ear with thick, yellow, foul-smelling discharge.

APIS MELLIFICA 6: inflammation of the eyes with puffy, swollen lids, and a desire to keep away from the fire.

GRAPHITES 3: moist, itching eruptions with sticky, yellow discharge.

IGNATIA 6: nervous conditions with restless excitement, twitching of muscles, or trembling in limbs.

PHYTOLACCA 6: caked udder of cows or goats.

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