

*A rational abridged system of medicinal
treatment for domestic use*

GUIDE TO BIOCHEMIC TREATMENT

by

C. STIRLING SAUNDER, L.R.C.P. (Lond.)

6TH
EDITION

Details of simple home treatment
for common ailments including:

BOILS – ACIDITY – ASTHMA
BRONCHITIS – PILES
CHILBLAINS – CONSTIPATION
GALL-STONE COLIC,
HEADACHE – INDIGESTION
NEURALGIA
RHEUMATISM – SCIATICA etc.

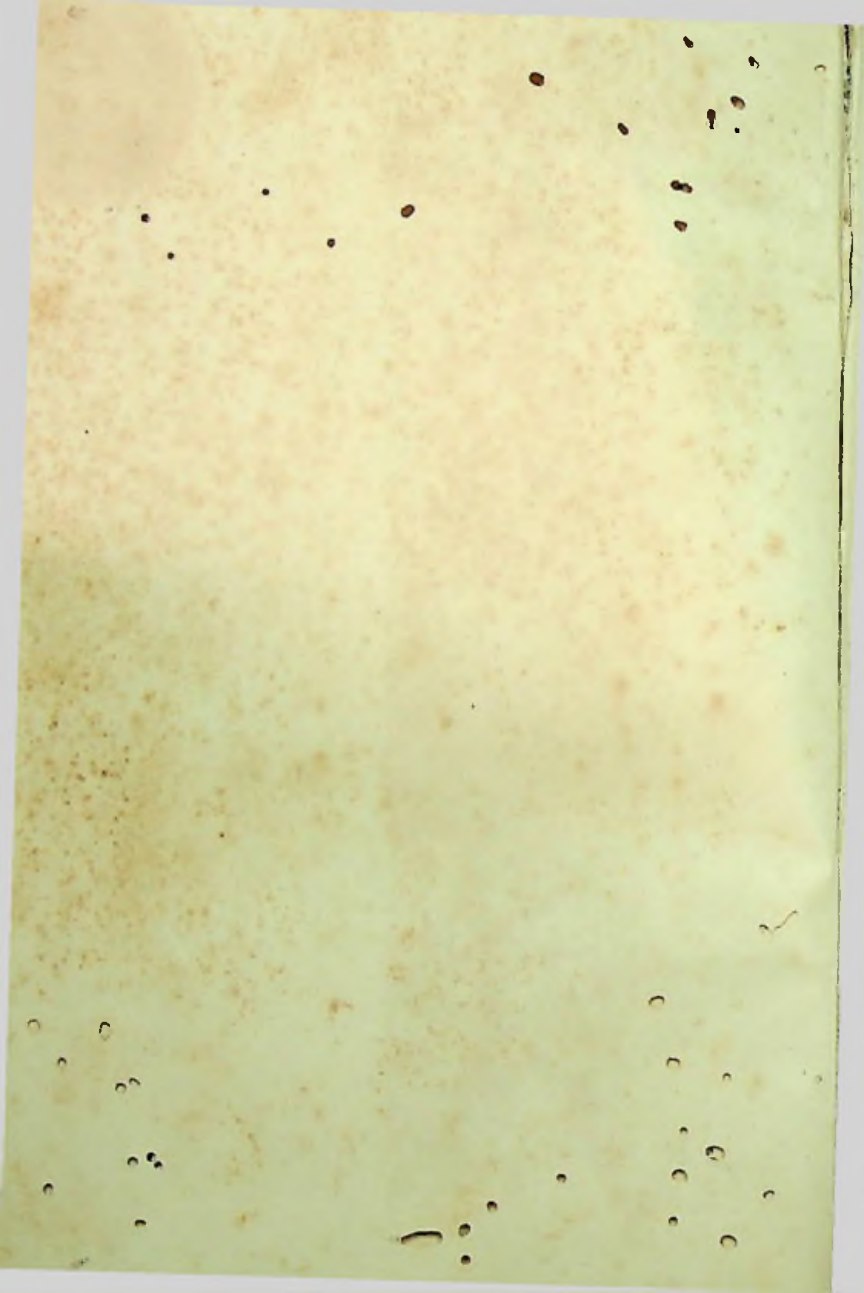
TREATMENT
is indicated for

COLDS
CATARRH
INFLUENZA
CONSTIPATION
INJURIES
COUGHS
DIARRHCEA
CONVULSIONS
DENTITION
FISTULA
LEUCORRHCEA
RUPTURE
SCIATICA
QUINSY
CHOREA
MENSTRUATION
etc., etc.



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GUIDE TO BIOCHEMIC TREATMENT



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With specially refined Tissue-constructing Salts

By

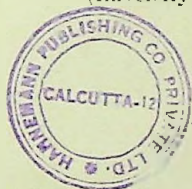
C. STIRLING SAUNDER,

L.R.C.P. (Lond.)

"The essence of disease is the cell changed pathogenetically."—PROFESSOR VIRCHOW.

"Without a basis yielding gelatine there can be no true bone; but just as little can there be true bone without BONE-EARTH, nor cartilage without CARTILAGE-SALT, nor blood without IRON, nor saliva without POTASSIUM CHLORIDE."

PROFESSOR MOLESCHOTT
(University of Rome).



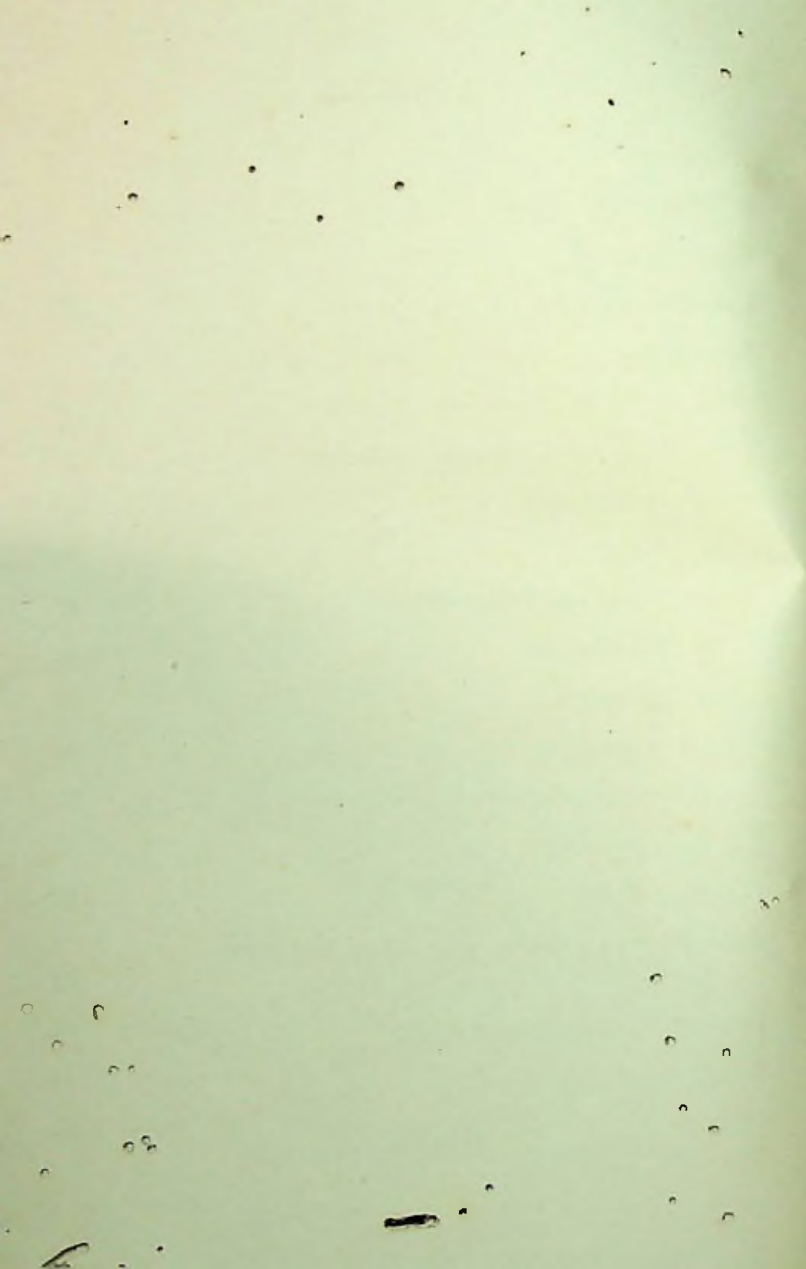
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PREFACE

THE fifth edition of my book having run out, a sixth has been called for, which I herewith present, somewhat revised, with the addition of a few more "Illustrative Cases" which I trust will make the book more useful.

This system of Biochemic Medicine was founded sixty-eight years ago, by Dr. Schüssler (of Oldenburg), who adapted to practice the theoretical teachings of the eminent pathologist, Professor Virchow, and also of Professor Moleschott (of the University of Rome), the former (whose lectures on "Cellular Pathology" are of world-wide celebrity), asserting that "The essence of disease is the cell changed pathogenetically", the latter, through his book on the *Cycle of Life* (*Kreislauf des Lebens*) having given Schüssler the main idea of his "Biochemic Therapy" in the following words: "The structure and vitality of organs are conditioned by the necessary amounts of inorganic constituents. It is owing to this fact that the proper estimation of the relation of the inorganic substances to the various parts of the body, an estimation which neither proudly disdains other momenta, nor indulges in extravagant hopes of itself, promises to Agriculture and to Medicine a brilliant future. In view of all the facts bearing on the case, it can no more be controverted that the substances remaining after combustion—the so-called ashy constituents—belong just as essentially to the internal constitution, and thereby to the basis of the tissues which gives to them their form and determines their species, as do the substances volatilized by combustion. Without a basis yielding gelatine, there can be no true bone; but just as little can there be true bone without bone-earth,* nor

*Phosphate of Lime.

cartilage without cartilage salt;* nor blood without iron, nor saliva without potassium chloride."

After fifty years' experience therein, I am quite satisfied with the general results, sometimes quite startling, of this *multum in parvo* system of treatment, consisting of twelve of the most comprehensive of "polychrests" or single remedies with multifarious uses.

However, even this system of treatment will never yield good results unless each case is treated entirely on its own merits, as constitutions differ so much that what will cure one case, for instance, of rheumatism or pleurisy will fail in another apparently similar case.

Hence it was a very wise piece of advice of the late Sir Wm. Gull (one of the Court Physicians to Queen Victoria) who said "In the Medical School you will be taught to classify everything and give a name to everything, but you will never be a successful practitioner unless you can cast this tendency behind you. You must never treat a case of *pneumonia*, but *always* John Jones or Mary Robinson."

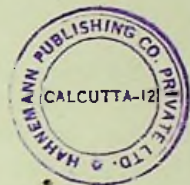
This small "Guide" has been specially written for the benefit of those patients and those who are far away from skilled medical aid, as in certain parts of the British Isles, and the Colonies, or outlandish districts where missionaries go. For these, such a rational abridged system of medical treatment must needs be a great boon in many an emergency, as it has for many years proved to be particularly in America, where large numbers of medical men practise it, and where the system is specially taught in several medical colleges. But it must not be forgotten that the indication as to remedies and their potencies in the Index of Diseases are not meant to be cast iron rules for their treatment in every case of illness for, as mentioned above, each case must be treated

* Sodium Chloride.

on its own merits. They are merely tentative generalizations to guide as near as possible to the most possible remedy in any emergency. If failure results those who have not the gift of diagnostic intuition and physiological or therapeutic knowledge must not blame the writer, or this system, which must be applied (as a great artist said he did his portrait painting)—“with brains, sir”.

The writer has to thank Dr. Regan, of “Onaway”, Downend Park, Bristol, for his kind help in preparing the MSS. of this book.





INTRODUCTION

THE analysis of the healthy blood and tissues of human beings and animals shows that they are composed of albumen, fat, sugar, water, and certain inorganic salts, which latter act as cell and tissue builders.

As long as sixty-eight years ago, Dr. Schüssler, of Oldenburg, originated the idea of administering, in disease, the various inorganic salts then found to exist in the healthy blood and tissues of the human and animal body, and in milk, on which the young of both entirely exist for a time. These inorganic salts were found to be twelve in number, but since that time spectrum-analysis has revealed the fact that there are at least ten more tissue-salts, three of which are almost as important as the original twelve, viz. : *Arsenicum*, *Iodium* and *Alumina*, whilst the remaining six, though of less importance, are found to be indispensable each in its own sphere of action, viz. : Bromine, Barium Cuprum, Lithium, Manganum, Plumbum, and Zincum. The various combinations of these are very numerous and need a larger work than this to treat of them and their applications.

As not only the soil, but sea water, and the various mineral springs are found to contain still other elements, it is my firm opinion that the blood and tissues of human and animal beings contain all those inorganic elements and their combinations which are to be found in sea water and mineral springs, for do we not eat the fish that live in and feed on sea water, and do not also multitudes partake of mineral springs all over the world? Also do not our pure drinking water springs pass through the bowels of the earth along fissures in rocks, etc., and do not these rocks contain all kinds of minerals from gold and silver, to zinc, copper, and lead?

No doubt the proportions of these less soluble elements are very infinitesimal compared with those of the more soluble ones, comprising the twelve original Biochemic salts, but so long as they are invariably to be found playing a particular part in the building up of certain cells or tissues, it matters little how infinitesimal their proportions are, as in this age of X-rays and Radium, even that infinitesimally small portion of matter, the atom (hitherto the smallest conceivable) is now found to be composed of millions of "ions", so that the "ion" is now the smallest conceivable portion of matter. In a few years' time, we may find that this is composed of possibly millions of some infinitely more minute entities at present inconceivable.

The twelve tissue-salts of Schüssler (alphabetically and numerically) are :—

1. *Calcarea fluorica* (Fluoride of Lime).
2. *Calcarea phosphorica* (Phosphate of Lime).
3. *Calcarea sulphurica* (Sulphate of Lime).
4. *Ferrum phosphoricum* (Phosphate of Iron).
5. *Kali muriaticum* (Chloride of Potash).
6. *Kali phosphoricum* (Phosphate of Potash).
7. *Kali sulphuricum* (Sulphate of Potash).
8. *Magnesia phosphorica* (Phosphate of Magnesia).
9. *Natrum muriaticum* (Chloride of Soda).
10. *Natrum phosphoricum* (Phosphate of Soda).
11. *Natrum sulphuricum* (Sulphate of Soda).
12. *Silica* or *Silicea* (Silicic Acid).

These salts are contained in the blood-cells in very minute quantities, ranging from a half to five grammes in every 1,000 grammes of blood-cells, and as the deficiency of any

one of these salts in disease is only a molecular one, the dose requisite to supply such a deficiency must therefore necessarily be only very infinitesimal.

The following results of the analysis of the blood (according to Bunge, the eminent German physiological chemist) will show how small are the proportions of each salt contained in every 1,000 grammes of blood-cells :

Iron (Phosphate)	0.998 grammes.
Potassium Sulphate	0.132 ..
Potassium Chloride	3.079 ..
Potassium Phosphate	2.343 ..
Sodium Phosphate	0.633 ..
Calcium Phosphate	0.094 ..
Magnesium Phosphate	0.060 ..

and in 1,000 grammes of the intercellular fluid or blood, plasma : Sodium Chloride 5.545 grammes, Sodium Sulphate-Calcium Fluoride, and Silica, showing only traces. In order to so finely sub-divide each atom, or rather "ion", of which these salts are made up, and which in their crude natural state are too closely packed (or inert) to be absorbable through the minute cell-walls of the various tissues, the crude salts are triturated up for hours in a mortar with various proportions of pure sugar-of-milk which is the most convenient medium for the attenuation of these salts, as it is for all practical purposes physiologically inert itself. This trituration process not only spreads out each grain of the salt over a vaster area of space, just as a hundredweight of bone-earth crushed up and intimately mixed with a ton of sand can be spread over a vaster area of land than if the bone-earth were tumbled out anyhow in great lumps over the soil (which some antiquated farmers will persist in doing) but

this process of trituration also ensures the infinitely fine subdivision of the ingredients so that the affected tissue-cells are enabled to attract from the blood their affinitive cell-salt. Thus, brain and nerve-cells specially attract Phosphates of Potash, Magnesia, Soda, and Iron from the blood their affinitive cell-salt. Muscle-cells the same, with Chloride of Potash in addition. Connective-tissue cells attract Silica, elastic-tissue cells—Fluoride of Lime. Cartilage and mucous cells attract Chloride of Soda (or common salt) which is found in all the fluids and solids of the body. Bone-cells attract Fluoride of Lime, Phosphate of Magnesia and a large proportion of Phosphate of Lime. Skin-, nail-, and hair-cells (also the crystalline lens of the eye) attract Phosphate of Iron; the three former, also Sulphate of Potash and Silica.

Every one of the tissue-salts, therefore, must be given in doses of minimum strength, in order to correct functional disturbances, otherwise the functions of healthy cells will be disturbed, as they always are by the massive and ponderous doses usually given to the sick, whose original, slight, functional ailments are thus converted into serious "drug diseases", causing often incurable organic changes, and resulting in complete destruction of tissues and whole organs. It is a great pity that the majority of medical men do not study Physiological Chemistry, otherwise they would be able to recognize that there is such a thing as a "drug disease", and not inform patients to whom they prescribe crude drugs wholesale, that they are "quite harmless", and when the latter for instance, after large doses of quinine become incurably deaf, the former will never admit it is simply *cause* and effect!

MATERIA MEDICA

DOSAGE

In all acute stages of urgent cases the Biochemic tissue-salts should be taken dissolved in water, i.e. nine pilules, or tablets to an ordinary tumbler three-quarters full of water; a "sip" or mouthful for each dose, every quarter to half-hour; when better, every hour or two hours.

In sub-acute, or less urgent cases, three pilules or tablets may be repeated every two or three hours, *slowly dissolved on the tongue*. In chronic or old-standing cases take three pilules, or tablets, only once every four, six, or twelve hours daily.

For acute and sub-acute symptoms, give the 3x to 12x potency, and for very chronic symptoms, as a rule, the 30th to 200th potency, in very infrequent repetitions, i.e. about once every 12 or 24 hours, and in less chronic symptoms the 6x to 12x once every four, six, or twelve hours.

An x after a number means that the salt has been prepared on the decimal scale. The 1x potency is made by triturating (mixing and grinding) one part of the tissue salt with nine parts of sugar-of-milk. Each succeeding potency is made by triturating one part of the preceding potency with nine parts of sugar-of-milk, thus 2x is one part of 1x and nine parts of sugar-of-milk.

Where the number has no following letter or a "c" it means that the remedy has been prepared on the centesimal scale; one portion of the tissue salt being triturated with ninety-nine parts of sugar-of-milk to make 1 or 1c, and each succeeding potency is made by triturating one part of the *preceding* potency with ninety-nine parts of sugar-of-milk.

The following are the chief characteristics of the Twelve Tissue-salts:

I. *CALCAREA FLUORICA*

(FLUORIDE OF LIME—CALCIUM FLUORIDE)

This, the Fluoride of Lime, occurs in nature as "fluor spar", and in the body is found in the surface enamel of bones and teeth, as well as in the elastic-fibres of skin, connective-tissue and the walls of blood-vessels. Hence a deficiency of this salt leads to bony tumours; rough, loose, and sensitive teeth; delayed dentition (in infants); relaxation of tissues and blood-vessels, causing "flabbiness" of the flesh, pendulous abdomen, hernia or rupture, varicose veins, hæmorrhoids or "piles", prolapse and displacements of organs (especially the uterus), dilation of the heart, arteries (aneurism), and capillaries (nævus), besides vascular tumours, uterine hæmorrhages, laryngeal and tracheal affection, as in diphtheria when these tend to attack the larynx; hard tumours; carbuncles; "ganglion" of tendons; deficient labour-pains; offensive and pungent urine; gastric vomiting; varicose ulcers; hard chancres; giant-celled sarcoma of upper maxilla; chronic synovitis and periosteal swellings; also fissures and "chaps" due to exudation of Keratin from cells of the epidermis, a hard "crust" forming, which cracks here and there. Obesity may be reduced by taking *Calc. fluor.* and *Calc. phos.* in alternation, and avoiding all "starchy" foods. *Calc. fluor.* is also the remedy for "spavin" in horses. The 6th (or 12x) potency is best for general use, internally, and 3rd (or 6x) externally (five grains or tablets to half a wineglass of cold water). Cold and wet applications always give most relief in *Calc. fluor.* cases, as in those of *Ferrum phos.* to which it is allied.

Aggravations.—Damp weather; heat.

Ameliorations.—Cold and wet applications; rubbings.

II. *CALCAREA PHOSPHORICA*

(PHOSPHATE OF LIME—CALCIUM PHOSPHATE)

This, the Phosphate of Lime, is "bone-earth", one of the principal constituents of the soil in "fertilized" land.

It has a special affinity for albumen, from which it builds up new blood-cells as well as bone-tissue, gastric-juice, and the dentine of teeth.

A deficiency of it therefore leads to an exudation of albumen. It is the great remedy for initiating "growth", hence is especially indicated in the defective development of children and in "rickets", as well as after acute and weakening diseases and anæmic conditions, as a restorative tonic. It is invaluable in all cases of defective nutrition, such as mal-assimilation of food, consumption and other tuberculous diseases, as well as after exhausting discharges (with *Natrum mur.*, after they have been arrested by *Calc. sulph.*). Besides the above-mentioned the following are some of the chief indications for *Calc. phos.*:—wasting of skull (craniotabes); wasting of bowel (tabes mesenterica); defective union of broken bones; open fontanelles; delayed dentition; teething fits; hygroma patellae, and white swelling of knee joint. Cramps and spasms, and numbness (due to anæmia); sensation of coldness and creeping in parts of body and head. Coldness of extremities. Retarded circulation, as if parts were asleep. *Calc. phos.* is also indicated in albuminuria; diphtheria (when it attacks the larynx; also *Calc. fluor.*); true croup (with *Kali sulph.* to expel membrane); hydrocephalus, or water on brain; whooping cough (with *Yag. phos.*); constant liability to colds and catarrhs; feet and hands icy cold and clammy; phosphatic calculi; deep ulcers (scrofulous); lumbago; coccygodynia; neuralgias (with either numbness or electric-like shocks); spinal curvature; polypus; hydrocele; orchitis; to bring on the milk when

suppressed in nursing women (6x); sore breasts; chlorosis (green sickness); chronic ovaritis; tubercular diarrhœa; chronic tonsillitis; night-sweats; chorea (St. Vitus's dance); obesity (also *Calc. fluor.*); epilepsy; vertigo; schoolgirl's headaches; paralysis with numb and creeping sensations; excessive flatulence (after *Mag. phos.*).

Aggravations.—Change of weather, bathing, cold and wet weather, coffee, tobacco, thinking of symptoms, worse at night, from standing, and after eating (especially dinner).

Ameliorations.—Warm, dry summer weather and rest, especially in recumbent position.

III. *CALCAREA SULPHURICA*

(SULPHATE OF LIME—CALCIUM SULPHATE)

This salt occurs in nature as gypsum, alabaster or selenite, and is commercially known as "plaster of Paris". It is present in connective-tissue, as well as in the liver-cells, where its function is to destroy the worn-out red blood-cells, abstracting their water in the same way that Sodium Sulphate does with the leucocytes in the inter-cellular tissues. A deficiency of *Calc. sulph.* delays the destruction of worn-out corpuscles, by which the blood is over-charged with them, thus causing skin eruptions and catarrhs of mucous membranes. *Calc. sulph.* is thus the remedy for preventing suppuration, or arresting it after it has found a vent and continues to ooze away chronically, as in old fistulous abscesses; chronic tubercular diarrhœa; chronic dysentery; and old oozing ulcers in which the pus is thin, watery, and often sanious, causing a great "drain" on the system and leading to a "hectic" condition. It is specific in aborting gum-boils. Useful in pancreatic, liver, and kidney diseases after *Natrum sulph.* Empyema. In third stage of pneumonia and bronchitis. In neuralgia of elderly people and in frontal

headaches with nausea. In pimples and pustules, especially on the face. In excessive sensitiveness of nerves and a general condition of sensitiveness or "touchiness" everywhere. Craving for fruit and acids. •

Aggravation.—After working and washing in water.

IV. *FERRUM PHOSPHORICUM*

(PHOSPHATE OF IRON—FERRIC PHOSPHATE)

This tissue-salt is found in all tissue-cells of the body, but chiefly in the hæmoglobin or colouring-matter of the red blood-cells, also in the muscular coats of blood and lymph-vessels, and hair-cells. The iron of the blood-cells attracts oxygen from inspired air, and this is carried to every cell throughout the organism by the mutual action of Ferric phosphate and Potassium sulphate. A disturbance in the equilibrium of the iron molecules in the circular muscular fibres of blood-vessels, causes a "relaxation" leading to dilatation of the latter with accumulation of blood, i.e. congestion, which, if allowed to continue, leads to inflammation of various organs or tissues. As all illnesses commence with congestion or inflammation of some organ or tissue, the prompt use of this salt will cut short the first stage of the disease, and thus prevent all further complications, but should the disease pass into the second stage, *Ferrum phos.* may still be useful, but alternated with *Kali mur.*, or whatever other remedy may be specially indicated by the symptoms. When the walls of the intestinal villi are relaxed, a diarrhœa is the result, but if the muscular walls of the intestines themselves are relaxed, the peristaltic action of the bowel is weakened, and constipation ensues.

Ferrum phos. is a great children's remedy as it increases bodily development, regulates the bowels (i.e. prevents both constipation and diarrhœa), improves the appetite, and relieves debility and listlessness (together with *Calc. phos.*).

Ferrum phos. is indicated especially in (1) the first stage of all fevers, congestions and inflammations; (2) pains and hæmorrhages caused by hyperæmia; (3) recent mechanical injuries, and (4) the first stage of all diseases whose names end in -itis, e.g. bronchitis, meningitis, peritonitis, etc., etc., as well as in pneumonia, pleurisy, dysentery, chicken-pox, whooping cough, scarlet fever, measles, small-pox, erysipelas, rheumatism, etc. It is indicated also in vomiting of food and blood, nosebleed, teething fever, inflamed piles, hoarseness of singers, retention of urine in children, uterine hæmorrhage; bleeding piles, excessive menses, puerperal mania (also *Kali phos.*), insomnia (6x), congestive headaches (with throbbing), Raynaud's disease, palpitation of the heart (from congestion), excruciating pain of inflamed and incarcerated piles (relieved almost at once by a dose of *Ferrum phos.* 3x, or an external application thereof as lotion or ointment).

All pains are aggravated by motion and relieved by cold.

V. KALI MURIATICUM

(CHLORIDE OF POTASH—POTASSIUM CHLORIDE)

This tissue-salt must not be confounded with Potassium chlorate or Chlorate of Potash, which is not a tissue-salt at all, but a powerful and poisonous drug, in the crude state. *Kali mur.* has a special affinity for fibrin, so that if the cells below the epidermis suffer any irritation, an exudation of fibrin takes place under the skin, raising it up in the form of a small blister or papule. This actually occurs in small-pox, which can quickly and easily be cured by the administration of molecular doses of *Kali mur.* (3x or 6x), whose chlorine unites with hydrogen forming hydrochloric acid, which latter dissolves the fibrin in its "nascent" state. This has been proved in many cases in America, where, in out-lying districts, they are obliged to treat such cases at their own homes. I have myself cured severe cases of "cow-pox" from bad

vaccination, with this remedy, and none of the patients to whom I gave it during the last small-pox epidemic "caught" it, though in many instances either relatives, friends or servants, on all sides, got it. *Kali mur.* is indicated in all inflammatory or catarrhal conditions (ending in -itis) in the second or exudative stage, as well as in small-pox; chicken-pox; scarlet fever; measles; false croup; diphtheria; pneumonia; pleurisy; mumps; stomatitis; aphthae or "thrush"; erysipelas; eczema; retinal-exudation; trachoma; deafness (from swelling of eustachian tubes); dry coryza; constipation (in pregnancy); hoarseness syphilis (soft chancre); gonorrhœa (condylomata); epilepsy (chief remedy); warts (on hands); burns and scalds; dysmenorrhœa (membranous, also *Mag. phos.*); menorrhagia (blood, dark and clotted); leucorrhœa ("whites"); jaundice (from catarrh of duodenum due to chill); diarrhœa (after fatty food); constipation (from "sluggish" or torpid liver with light, clay-coloured stools); typhoid or enteric and typhus fever (also *Kali phos.*); piles (with dark, clotted blood); dropsy from heart, liver, or kidney disease; rheumatic fever; lupus; "shingles"; acne; scurvy; asthma (from gastric derangement).

All stomach and abdominal symptoms are worse from fatty, rich foods and pastry, and all pains are aggravated by motion.

Aggravation from starch foods is due to a deficiency of *Kali mur.* in the saliva, which cannot be formed without that tissue-salt.

VI. KALI PHOSPHORICUM

(PHOSPHATE OF POTASH—POTASSIUM PHOSPHATE)

This is the great nervous-tissue remedy for all those numberless modern neurotic disorders comprised under the term "neurasthenia", as well as for most paralytic conditions

of the nerves and muscles. *Kali phos.* is a constituent of all the fluids and tissues of the body, but especially of the grey matter of the brain and nerves, the muscles, blood-cells and plasma. It is Nature's great "antiseptic", hindering decay in the organism: all tissue forming substances retaining it with the greatest tenacity. The oxidation-processes, the exchange of gases in respiration, and the saponification of fat, are all brought about chiefly by the presence of *Kali phos.* It is found that the nerves retain their vital properties very completely for a long time in a solution of this salt. In the typhus condition (as in all putrid states) there is always an increased excretion of *Kali phos.* in the urine, hence to diminish this (by means of molecular doses of *Kali phos.*) is to prevent such conditions, or cure them when present. A disturbance in the motions of the molecules of *Kali phos.* may have any of the following results: (1) Mental sphere—despondency, anxiety, bashfulness, fear, tearfulness, homesickness, suspicion, weak memory, etc. (2) Vasomotor nerves—pulse small and frequent, later retarded. (3) Sensory nerves—pains with sensation of paralysis. (4) Motor nerves—weakness of nerves and muscles, to paralysis. (5) Trophic fibres of sympathetic nerve—retardation of nutrition with total arrest in limited area; then softening and degeneration of involved nerves. *Kali phos.* is the chief remedy in: typhoid (or enteric) and typhus fevers; puerperal fever; malignant pemphigus; septic hæmorrhages; scurvy; stomatitis; offensive secretions and excretions; gangrene (diphtheritic, etc.); paralysis (diphtheritic, etc.); uterine hæmorrhage; ineffectual "labour" pains; albuminuria, etc. It is also specially indicated in all states of either nerve-depression or excitement including—melancholia; mania; hysteria; suicidal thoughts; despair; sexual impotence; incontinence of urine; loss of nerve and mental power; prostration on exertion or after great mental and bodily

strain; muscular wasting; somnambulism; nightmare; agoraphobia (fear of open spaces); concussion of brain; nervous giddiness and squinting; photophobia (fear of light); delirium; alopecia areata; phagedenic or gangrenous chancre; balanitis; very offensive diarrhœas; enlargement and ulceration of stomach; nervous asthma (3x); whooping cough; to reduce fever and pulse in extreme cases (2x) when *Ferrum phos.* fails in all potencies; nettle-rash; rheumatism; sciatica; neuritis; appendicitis; irritable, bad-tempered, fretful children; nervous palpitation (200th); spasms and cramps from over-exertion; excessive menses; menstrual colic or suppression in nervous females, etc.

Aggravations.—From noise, cold air (pains), rising up from sitting posture over-exertion and exercise, stiffness after rest.

Ameliorations.—From eating, gentle motion, under excitement and company—worse when alone. Pains and itchings worse 2 to 5 a.m.

VII. KALI SULPHURICUM

(SULPHATE OF POTASH—POTASSIUM SULPHATE)

This tissue-salt has a special affinity for epidermic and epithelial-cells, the former being the lining membrane of the outer surface (or skin) and the latter, of the inner surface (or mucous membrane) of the body, lining all the internal organs. A disturbance in the equilibrium of the molecules of "this tissue-salt will cause an "exfoliation" of the epidermis or outer skin, and of the epithelium or inner skin (mucous membrane) leading to a yellowish exudation of slimy matter in latter case, revealed in the "coating" at the root of tongue. Together with *Ferrum phos.*, *Kali sulph.* is the great carrier of oxygen to the cells and tissues, the oxygen

taken up by the iron in the red blood-corpuscles being carried to every cell in the organism by the reciprocal action of *Kali sulph.* and *Ferrum phos.* A deficiency of this tissue-salt causes deficient oxidation leading to the following main symptoms: flashes of heat, or chilliness; weariness; heaviness; giddiness; palpitation; anxiety; fear; sadness; toothache; headache, and pains in limbs (changing about from place to place) which tend to increase indoors especially in warm and close rooms or the warm air of summer and towards evening, but are relieved by the fresh, cool, open air, out of doors, all due to want of oxygen, which every cell in the body requires for its proper growth and development.

Kali sulph. not only prevents desquamation, but by the help of oxygen it will hasten the desquamation of old cells which are no longer required, that they may give place to new cells, so that it is specially indicated in the third stage of inflammation, the stage of resolution or dissolution, in which there occurs a profuse desquamation of either the epidermis, or epithelium, or both. Hence *Kali sulph.* is required in the following: The third stage of all inflammations and catarrhs, especially when the mucous exudation is yellowish and slimy; the "peeling" stage of scarlet fever, measles, small-pox, and erysipelas; also the third stage of bronchitis, true croup, diphtheria, whooping-cough, and pneumonia. In gastro-duodenal and intestinal catarrh; laryngeal, bronchial, nasal, aural, renal, vesical, and gastric catarrh; asthma (worse from warm rooms and hot atmosphere); cholera, third stage of enteric (or typhoid) and gastric fevers (with rise of temperature at night, and fall in the mornings); peritonitis, with tympanitic abdomen; albuminuria (Bright's disease); scarlatinal dropsy; jaundice from gastro-duodenal catarrh; colic when *Mag. phos.* fails; indigestion (with feeling of a load or fullness at pit of stomach); peeling of lips; epithelioma of mouth, or tongue,

or face, or of any mucous membrane; rheumatism and neuralgia tending to fly about; hemiplegia; dandruff; scaldhead; ozæna, with obstruction of nose; fetid otorrhœa; polypus of ear; eczema (squamous); psoriasis; "ring-worm"; inaction of skin (give in hot water and wrap up in blankets) and suppressed eruptions, or eruptive diseases; burning, itching, papular eruptions; diseased condition of nails, rough and ribbed (also *Silicea*).

Aggravations.—Heated "stuffy" rooms; hot weather; evening after sundown.

Ameliorations.—Cool, out-door air; cold dry weather.

VIII. *MAGNESIA PHOSPHORICA*

(PHOSPHATE OF MAGNESIA—MAGNESIUM PHOSPHATE)

This tissue-salt is contained in cereals and in beer; hence, when anyone has an intense "craving" for this beverage during illness (as often happens) it is probably because there is a lack of Magnesium phosphate in their tissues. It is (like *Calc phos.*) a constituent of bone, teeth, brain, nerve, muscle and blood-cells, and a disturbance of its molecules results chiefly in cramps, spasms, neuralgias and paralysis. The cells of the white matter of the brain and nerves, and the terminal bulbs of the nerves in muscle, are dependent chiefly upon *Mag. phos.* for their functions. It benefits mostly those who are lean, emaciated, and of a highly nervous temperament, the patient being generally exhausted, and too tired to sit up or stand, and whose pains are accompanied by profuse sweat and great prostration. According to Schüssler, *Mag. phos.* is the great remedy for "fatty" or "caseous" degeneration, as it ensures the independent activity of all the cells, because sound cells are able to reject substances which encumber them. When the cells near the caseous masses are too weak to reject them they are deficient

in *Mag. phos.*; but by supplying the necessary molecular doses of this salt, these cells are restored to their normal condition, and thus able, eventually, to reject the caseous or "tubercular" masses.

Mag. phos. is indicated in headaches, faceache, toothache, neuralgic and rheumatic pains, if they are either sharp, shooting like lightning, or boring and constrictive, being relieved by warmth and firm pressure but aggravated by light touch.

It is also indicated in spasm of the glottis; tetanus; lock-jaw; whooping-cough (chief remedy); cramps of muscles; hiccough; St. Vitus's dance (also *Calc. phos.*) spasmodic retention of urine; neuralgia of stomach and bowels; paralysis agitans (or palsy); writer's, piano, and violin player's cramp; stammering; itching all over body; barber's itch; quinsy; spasmodic "labour" pains; flatulent dyspepsia; squint; gall-stone colic (the 3x acts like magic taken in hot water and applied locally); in teething to quiet infants (12x or 30th); goitre (200th); face, ear, and toothache; hypertrophy of prostate gland; obstinate nausea and vomiting; menstrual colic (200th); ovarian neuralgia; constipation of infants who cry at every attempt at stool, from colicky pains; spasm of bladder; phosphatic urine (white sediment); gravel; puerperal convulsions; membranous dysmenorrhœa; asthma, nervous, or from flatulent dyspepsia; angina pectoris or "breast-pang"; spasmodic palpitation of heart; epilepsy from vicious habits; intercostal neuralgia; spasmodic yawning; insomnia from exhaustion of brain; chills at 7 p.m. and 9 a.m.; bilious fever; spasmodic shivering fits; profuse perspirations; stinging of corns and bunions; painful spasm of vagina in married females (or *Ferrum phos.* if congestive).

Aggravations.—All pains are worse on right side from cold, cold draught of air, cold washing and from light touch.

Ameliorations.—Pains are relieved by warmth, firm pressure and friction, and by bending double.

IX. NATRUM MURIATICUM

(CHLORIDE OR SODIUM—SODIUM CHLORIDE)

In this tissue-salt we have our old familiar "common table-salt" which occurs everywhere in abundance, in earth, and sea, and even in the air, to a distance of about 60 miles inland around the sea coast, upon every acre of which land there is deposited, every year, on an average, about one hundredweight of Sodium chloride according to a rough calculation. The watery solutions of *Natrum mur.* have the power of dissolving many substances which are insoluble, such as Phosphate of Lime.

Natrum mur. is a constituent of every liquid and solid in the body, its function being to regulate the degree of moisture within all the cells and inter-cellular spaces, which it accomplishes by its powerful affinity for water, and by the wonderful processes known as endosmosis and exosmosis. It carries the water to the tissue-cells, enabling them to enlarge and divide, or split up, as in this way only can cell-multiplication take place.

If no *Natrum mur.* is found in the cells, the water is retained in the inter-cellular spaces and a condition of hydræmia (or "water-logging") results. This is indicated by a state of bloatedness or "wateriness", i.e. the patient is heavy, languid, chilly, drowsy, has "watery" eyes, and is inclined to "watery" exudations such as "salivation", etc. There is a "craving" for salt, yet this, however freely supplied, does not remedy, but rather aggravates matters, because the altered cells cannot absorb the particles of Sodium chloride unless supplied to them in molecular form, attainable only by means of the "trituration process" by which certain

“latent” properties of this tissue-salt are, so to speak, “unlocked”, the molecules thereof being thereby rendered so much more active, that the starved and shrunken blood and other tissue-cells will once again absorb their wonted quantum of serum, and so be enabled to continue their division and sub-division into new cells.

The Sodium chloride (or. *Natrum mur.*) molecules in the cells of the peptic glands (of stomach) are split up by the action of the carbonic acid of the blood, the chlorine being separated, and the sodium uniting with the carbonic acid, enters the blood as Sodium carbonate.

The chlorine united to the hydrogen of H_2O and dissolved therein, reaches the stomach as HCl , or hydrochloric acid, which is that constituent of the gastric juice which enables it to dissolve the food, and when deficient causes “dyspepsia” and all its train of evils.

Natrum mur. is also the function-remedy of the mucin of mucous membranes and will cure catarrhs of all such where the secretions are watery, transparent and glairy.

Altogether *Natrum mur.* is the most important tissue-salt in the body, all others being dependent upon it for their solution and distribution, it being the great controller and distributor of water throughout the organism by means of the processes of endosmosis and exosmosis. The following are some of the chief indications for the employment of *Natrum mur.* as a tissue remedy: Sudden collapse of circulation; paralysis of heart-muscles from any acute disease; acute gastro-enteritis with great weakness after severe vomiting or diarrhoea; hæmorrhage from lungs, stomach or bowels; heart failure due to some chronic disease with “cachectic” symptoms; also dropsy, albuminuria, ague cases aggravated by usual “over-dosing” with quinine; delirium tremens; excessive lachrymation; eye-strain; vomiting of watery mucus (“water-brash”); round worms; hay fever; “run-

ning" colds; English influenza; asthma with œdema or dropsy of lungs; exophthalmic goitre (Graves's or Basedow's disease); Addison's disease; confluent small-pox; stupor in all kinds of illness; either excess of heavy sleep or insomnia; falling out of hair; mumps with salivation; early morning headaches; chronic constipation, due to dryness; prolapsus uteri (when *Calc. fluor.* is insufficient); watery vesicles anywhere such as in pemphigus and herpes zoster or "shingles"; watery, bluish, salty milk of confined women; insect stings and bites of venomous reptiles (also *Mag. phos.* in latter); œdema of scrotum and prepuce; chronic gleet; hydrocele; epilepsy with frothing at mouth; chilliness and cold extremities (cannot get warm) due to too much salt food or sea air; itching of skin and nettle rash (also *Kali phos.*); hysteria; sterility; cancer, with watery, acrid, excoriating discharges; acne; chronic eczema, especially on face, lips, and at roots of hair above neck; scurvy of gums (ulcers); neuralgia of bowel; stitches in liver and spleen; pleurisy with serous exudation; "winter cough", with bursting headache; "fluttering" and constriction of heart; pulse rapid and intermittent, with palpitation; hypertrophy of heart; periodical attacks of gout; sciatica; "hang-nails" and cracked finger tips; numbness of hands and feet; excessive size of breasts in pregnancy; emaciation while living well; greasy skin; drowsiness, twitching, and watery vomiting in typhoid or other fevers, with low, muttering delirium; sunstroke (6*r* internally) with cold water to forehead and top-head (not back-head or neck).

Aggravations.—Worse in morning; periodically; at sea-side; in cold weather; after urinating; after abuse of nitrate of silver; from quinine, arsenic, mercury.

Amelioration.—Backache relieved by lying on a hard pillow.

X. NATRUM PHOSPHORICUM

(PHOSPHATE OF SODA—SODIUM PHOSPHATE)

This tissue-salt is found in the blood, muscles, nerve- and brain-cells, as well as in the inter-cellular fluids. The great importance of *Natrum phos.* in the economy may be inferred from the fact that its presence in the blood in quite infinitesimal quantity is, by means of the wonderful process of "catalysis", capable of decomposing lactic acid (that irritating product of retrograde metamorphosis which is the cause of so much suffering in so-called "rheumatic" and "gouty" persons) into two harmless compounds, carbonic acid and water.

Natrum phos. "fixes" the carbonic acid in the blood until it arrives at the lungs, where it releases it during expiration in exchange for oxygen which is absorbed during inspiration by the attractive power of *Ferrum phos.* contained in the red blood-cells. *Natrum phos.* also prevents "inspissation" or thickening of bile and mucus with crystallization of cholesterolin in the gall-duct, and thus will prevent many cases of jaundice, gallstone-colic, bilious headaches, and mal-assimilation of fats, from deficiency of bile, being the great remedy for the so-called acid diathesis.

Uric acid is kept soluble in the blood by the presence of *Natrum phos.* and the normal temperature of the blood. Whenever there is a deficiency of this salt, uric acid is combined with soda, forming urate of soda, which is deposited in the joints, there producing gout and inflammatory rheumatism.

Natrum phos. also emulsifies fatty acids, and is consequently a remedy for dyspepsia due to fatty foods. The white corpuscles or leucocytes, carry the fat and peptones (or modified albuminoids) to the blood and tissues, the former via the thoracic duct, the latter via the walls of the intestines.

If those leucocytes which carry the fat globules are stoppe

on their way through the lymphatic glands, skin, bones or lungs, phlegmonous inflammations and glandular swellings take place, or else tubercular conditions of the tissues and organs. Fatty degeneration of these leucocytes may then take place, but so long as this has not actually taken place *Natrum phos.* possesses the power to free them, and so enable them to carry on their proper functions. This it does by its two-fold power of emulsifying fats and ability to take up peptones. *Natrum phos.* is principally indicated therefore in all acid conditions of the blood leading to : diseases of infants from excess of lactic acid due to over-feeding with milk and sugar ; phlegmonous inflammations ; erysipelas ; epilepsy ; acute articular rheumatism ; acute gout ; bad effects of vaccination (also *Kali mur.* and *Silicea*) ; headaches on top of head, sickening ; giddiness ; vomiting of sour fluid ; sour breath ; ophthalmia ; conjunctivitis ; squinting due to thread-worms ; morphino-amaia ; pain over and in balls of eyes ; one ear red, hot and itchy ; itching of nose ; offensive odour before nose (also *Mag. phos.*) ; red, blotched face ; coppery taste ; acid taste ; tongue coated yellow at root ; naso-pharyngeal catarrh of thick, yellow mucus ; nausea ; heart-burn ; pain after food, through to back ; ulceration of stomach ; flatulence with sour risings ; stomach ache from thread-worms ; loss of appetite ; habitual constipation ; diarrhoea from acidity, in children or others ; straining at stool ; white or green stools ; diabetes (also *Natrum sulph.*) ; incontinence of urine from acidity ; atony of bladder ; sterility from acidity ; leucorrhoea (whites), creamy or honey-coloured and sour-smelling ; " florid " consumption in young persons ; soreness of inter-costal muscles ; trembling about heart ; goitre ; legs give way from weakness ; pains in knees, ankles, shins and balls of feet ; rheumatic arthritis ; nervousness ; sleepless from worms or itching ; eczema, secretion honey-coloured ; flashes of heat ; erythema ; wasting of children ;

scrofula.

Aggravations.—During thunderstorms; from sugar or sweets and fats.

XI. NATRUM SULPHURICUM

(SULPHATE OF SODA—SODIUM SULPHATE)

This is what is known as "Glauber's salt", being the chief constituent in the Carlsbad and many other mineral waters. *Natrum sulph.* does not appear in the cells; only in the intercellular fluids. Hence it regulates the elimination of superfluous water from the system, including dropsical fluid, and that arising from the decomposition of lactic acid by *Natrum phos.* (see under *Natrum phos.*). *Natrum sulph.* has an opposite action to that of *Natrum mur.* Both attract water, but for opposite purposes; *Natrum mur.* for use in the organism; but *Natrum sulph.* attracts water due to retrograde metamorphosis, and causes its elimination from the organism.

Natrum mur. helps the division of the cells in order to increase their quantity, whereas *Natrum sulph.* withdraws water from worn-out leucocytes and thus accomplishes their disintegration, being thus the remedy for leucæmia. *Natrum sulph.*, also by irritating the epithelial cells and nerves of the pancreas, bile ducts, and intestinal canal, helps the normal secretion of these organs, hence it is the great remedy for "biliousness", constipation, etc. It also, by irritating the epithelial cells lining the uriniferous tubes, enables them to "filter" off superfluous water which leaves the organism via the ureters and bladder as urine.

If, owing to diminution of the secretion of pancreatic fluid, diabetes should occur, *Natrum sulph.* will rectify this. If the motor-nerves of colon are not properly influenced by *Natrum sulph.*, constipation and flatulent colic will result. Through a disturbance of the molecules of *Natrum sulph.* the elimina-

tion of superfluous water from the intercellular spaces is retarded, by which hydræmia or "water-logging" of the tissues occurs which may lead to any of the following diseases: influenza; intermittent and bilious fevers; diabetes; bilious vomiting and diarrhœa; œdema; œdematous erysipelas; vesicular eruptions containing yellow serum; moist herpes; ring-worm; condylomata and catarrhs with yellowish-green or green secretions, etc. Hydræmic persons are always worse in damp weather, near the water, and in close, damp, underground dwellings, being improved by contrary conditions.

Natrum sulph. is therefore chiefly indicated in the following: bilious irritability causing suicidal tendencies; delirium mental troubles from injury to head; twitchings of hands and feet; constipation; diabetes (also *Natrum phos.*); ague; cholera; cholera infantum; painters' colic (2x); diarrhœa; appendicitis; leucæmia; liver and kidney disorders; gall-bladder troubles; chronic gonorrhœa; vesicular erysipelas (smooth, shining); tenderness of liver from portal congestion; rheumatic and gouty affections in "hydræmic" and "sycotic" persons; asthma (bronchial); dropsy from liver disorders; retention of urine; incontinence of urine; pedunculated soft warts (or condylomata); jaundice; Russian Influenza (or la grippe); neuralgia (disguised malaria); to arrest the milk in female breast; chronic conjunctivitis with terrible photophobia (fear of light); agglutination of eyelids; earache; ringing as of bell in ears; ozæna syphilitica; burning in nose and mouth like pepper, or everything tastes flat and soapy; toothache (gums burn) better by smoking; great flatulence; stomach distended and cannot bear tight clothing; enlarged prostate; gravel; phlegmasiâ alba-dolens (white leg); vomiting in pregnancy; pains in chest on coughing, must hold chest; bronchial catarrh; locomotor ataxia; spinal meningitis; whitlow; œdema of feet and ankles; sciatica (no relief in any position); ringworm (200th); heavy

dreams ; awakening at night with attack of asthma ; “ drowsiness ” when the precursor of jaundice ; warts around eyes, scalp, face, chest, neck, anus, etc. ; pemphigus ; yellow, watery vesicles or blebs all over body ; fistulous abscesses of years’ standing discharging watery pus ; consumption ; pyæmia ; hydrocele, etc., etc.

Aggravations.—From damp weather, houses, basements, cellars, and living near water in any form, or eating plants that grow near water, fish, etc. ; from music ; from lying on left side.

Amelioration.—From dry cold or warmth.

XII. *SILICEA*

(SILICIC ACID—SILICA)

This tissue-salt occurs in Nature as quartz and flint (from which glass is made) and it is due to its hardness that straw, bamboo, and certain grasses owe their stiffness, as well as the “ bran ” of wheat and other cereals (the latter good for those of “ costive ” habits), they all containing more or less *Silicea*. It is found also in connective tissue, including that investing the brain, hence a deficiency of *Silicea* therein leads to difficulty of thought and bad memory ; those cases of sudden loss of memory being curable by *Silicea* in molecular doses. So long as people will live on the puffy, alummy, white bread of the usual kind, so will they always be liable to bad or blank memories which are becoming more and more prevalent nowadays, especially in this country, when people no longer bake their own good wholemeal and home-made bread with fresh brewers’ yeast, instead of the stale stuff which came from Germany and was the cause of so much fermentative dyspepsia. *Silicea* also is found in the white of egg, in hair, nails and the epidermis, as well as in the connective tissue ; hence its action on the brain, spinal cord and nerves

is due to the connective tissue covering of the nerve fibres, a disturbance of the *Silicea* molecules causing a swelling of the cells thereof, which may remain stationary, or disappear through absorption by the lymphatics, or end in suppuration.

These cells can be enabled to throw off the pus by a molecular supply of *Silicea*, which also can cause the absorption, through lymphatics, of an effusion of blood in any tissue, and if the absorption of a sero-albuminous exudation in a serous sac cannot be effected through *Calc. phos.*, then *Silicea* should be used, as the delay in absorption may be caused by a deficiency in *Silicea* in the sub-serous connective-tissue.

Silicea can also cure chronic arthritic and rheumatic affections through forming a soluble combination (sodium silicate) with the soda of urate of soda, this being absorbed and removed through the lymphatics, the same occurring in renal gravel.

The perspiration of the feet can also be restored by *Silicea* when suppressed, and it is thus an indirect remedy in diseases arising from such suppression, such as cataract, paralysis and apoplexy. (See footnote, page 27.)

Silicea acts chiefly upon the organic parts of body; bones, joints, glands, skin and mucous surfaces producing a malnutrition corresponding to the scrofulous constitution.

In badly nourished states, owing to defective assimilation *Silicea* is especially indicated, also in deeply seated tubercular and septic (vaccine) infections.

Silicea ripens abscess and promotes suppuration, the reverse of *Calc. sulph.* It is also specially indicated when the system is irritable and weak and the nerves easily aroused to exhausting agitation (being contra-indicated in torpor of nerves) also in general debility (after confinement), general hyperæsthesia, and exaggerated reflexes, it should always be thought of. When connective-tissue cells are deprived of *Silicea*, especially in elderly people, they atrophy.

The following are some of the chief *particular* indications for *Silicea*: want of "grit"; tires easily, being stronger mentally than physically; over-sensitive to noises, etc.; absent-minded; taciturn and "cranky"; foetid foot-sweat, also of armpits, etc.; constipation due to spasm of sphincter ani, causing *partial* expulsion, and then *receding* of stool; headaches from nape of neck to vertex, often settling in one eye; nausea; intense internal chilliness; disgust for meat and warm food; induration of pyloric end of stomach; want of animal heat; sweat at night, especially of head and neck; intolerance of alcoholic stimulants; cerebral apoplexy; Ménière's disease (labyrinthine vertigo); headaches from hunger, overstudy, indigestion and nervous exhaustion; must keep head wrapped up warm; hair falls out; stricture of the lachrymal ducts (also *Natrum mur.*); styes; eye strain, with ciliary neuralgia; floating spots before eyes, and letters running together in reading; cataract; deafness; tip of nose red, itchy, and scabby (also *Natrum mur.* and *Calc. phos.*); violent sneezing; caries of nasal bones with nvete rate ulceration and corroding discharge; lupus; sycosis menti; ulceration of corners of mouth; hardening and ulceration of tongue; leucorrhœa, acrid and mattery; chronic neuritis (obstinate neuralgia); caries of bones; chronic cystitis; thickening of nasal mucous membrane with stoppage of nose; asthma of millers and stone-workers; hemiplegia; fistula of bone; gouty concretions; rheumatic gout in joints; kidney gravel; hypopion (pus in eye); boils; carbuncles; dropsy of knee-joint (also *Calc. phos.*); white swelling of knee (also *Calc. phos.*); encysted tumours; epilepsy (nocturnal attacks, at new or full moon especially) cancer; intensely painful piles; foetid diarrhœa; large abdomen in children; child vomits as soon as it nurses; fissure and fistula in ano; suppuration of kidneys; uric acid (red) deposit in urine; chronic gonorrhœa with thick, puru-

lent discharge; menses with icy coldness over whole body, and constipation; menses early and scanty but rarely profuse; itching of pudenda; abscess of labia; breasts gathered and painful; hard cancer of breast; nipples crack and ulcerate; soreness and lameness of feet;* chronic bronchitis and phthisis; phthisical abscess of lungs; irritating, ticking cough; chronic heart disease; violent palpitation; spinal irritation; coccyx (tailbone) hurts from fall or riding; psoas abscess; hip-joint disease; whitlow; chronic synovitis of knee with swelling and ankylosis; ingrowing toe nails; nails ribbed and brittle with white spots; weak ankles; feet insufferably tender; sleeplessness from "orgasm" of blood.

Aggravations.—At night, new and full moon; from chilling of feet and cold air.

Ameliorations.—From heat and warm room; wrapping up head warm and very hot baths.

The most useful additional Biochemic salts are:

Alumina. (Oxide of Aluminium) which has symptoms of:

For Aluminium poisoning 200th potency. Dryness of mucous membranes and tendency to paralysis and colic. Constipation in infants and old people with straining at stool and incontinence of urine. Staggers on walking. Cannot walk with eyes shut. Arms and legs and heels feel numb. Great weakness in morning sleepiness. Memory weak. Thought difficult. Brittle nails. Squinting. Skin of face as if white of egg dried on.

Antimonium crudum (Sulphide of Antimony) which has symptoms of:

Fretfulness, nothing satisfies. Heat and cold aggravate. Obesity. Sulky moods. Cannot bear to speak or be touched,

* The use of "foot powders," etc., for any perspiration of the feet, or offensiveness thereof, is most dangerous, sometimes being the cause of cataract, or even apoplexy, from upward suppression. *Silicea*, however, can cure both perspiration and offensive feet.

or be looked at. Angry at every attention. Thickly coated tongue like wash-leather, at root. Nausea. Cracks in corner of mouth. Itching of anus. Mucus stools. Sexual impotence. Great prostration of strength (3x dose). Horny warts on hands and soles. Constant drowsiness in old people. Feet tender, Freckles. Nettlerash. Bloating and belching after eating. Throat feels constricted.

Antimonium tartrate (Tartar Emetic)

In bronchitis rattling of mucus with little sputum ; cholera. Tongue thick with red edges and red centre. Stricture of urethra, orchitis. Desire for acids and fruits. Thirst for water ; little and often. Better lying on right side.

Argentum metallicum (Metallic Silver)

Symptoms—Emaciation. Desire for fresh air. Loss of voice in singers. Laryngitis. Swelling of ankles. Writer's cramp. "Whites" are excoriating. Bleeding at change of life.

Argentum nitricum (Nitrate of Silver)

Vomiting of food. Symptoms of anæmia and malnutrition. Weakness, trembling and epileptic convulsions. Albuminuria. Imbecility. Vertigo. Ophthalmia. Nystagmus. Asthenopia photophobia. Flatulent dyspepsia and violent eructations and vomiting of green glairy mucus. Itching piles, purulent leucorrhœa. Fear of great heights or overhanging buildings, etc. Craving for sugar. Chronic diarrhœa. Deafness. Megrim headache. Loss of smell. Urine bloody.

Barium carb.

Loss of power and mental and physical weakness, as in old age. Dread of people, especially strangers. Loss of memory. Vertigo. Urination frequent and copious. Anus sore and moist. Diminished sexual desire. Feet perspire, offensive (also *Silicea*). Hard swelling in glands at nape of

neck (cysts). Takes cold easily from draughts. Corns on toes. Loss of appetite and weak digestion, constipation from hard knotty stools. Feeling of plug in throat. Hoarseness. Cannot lie on left side owing to cardiac palpitation. Much anxious dreaming.

Arsenicum album (White arsenic)

Great restlessness and distress. Dreads future. Suicidal mania. Periodical headaches. Attacks of suffocation. Acrid taste and burning and distress and tenseness, stools black. Hæmaturia. Dyspnoea on lying down or walking. Asthmatic breathing at night, must spring out to get breath. Œdema of feet. Frequent drinking of small amounts of water. Wants to sit over a fire for warmth. Unsteady in walking. Skin eruptions, dry, white, scaly and burning—restless feverishness at night.

Arsenicum iodatum (Iodide of Arsenic)

Fibroid degeneration of lungs with cavities, in tuberculosis, with great prostration and sweats. Emaciation and diarrhoea. Has cured many cases of pulmonary disease and various forms of phthisis, tubercular and non-tubercular, also cases of influenza.

Bromium (Bromine)

Symptoms of: spasms of throat. Apathy. Loss of ideas, forgetful. Elongated uvula. Vertigo. Fluent coryza. Very painful piles. Membranous dysmenorrhœa. In asthma and pneumonia spasmodic constriction.

Aurum metallicum and *muriaticum*

Religious melancholy, suicidal tendency. Apprehensive. Vertigo. Foul odour from nose and mouth. Smell very acute.

THERAPEUTIC KEY

In the succeeding pages the following explanations will enable the reader to understand how to apply the Biochemic Remedies in everyday complaints :

An asterisk (*) against an ailment indicates that it is of an *acute* or *sub-acute* nature, consequently the remedies therefor must be taken frequently, i.e. every quarter, or half-hour, according to the acuteness or urgency of their symptoms.

All other ailments *not* marked with an asterisk, being of a *chronic* nature, only require the doses to be taken every two, three or four hours—three *pilules* or *tablets* slowly dissolved on the tongue.

As the patient in all *acute* ailments would be in bed, or at least confined to the room, the remedies are best given dissolved in water—nine *pilules* or *tablets* of each remedy dissolved in a separate tumbler three-fourths full of water, alternating them when two or more remedies are required, each dose being a mouthful, “sip”, held a minute or two before swallowing.

The initial letters indicate the names of the remedies, thus :

- I. is Calcium Fluoride.
- II. is Calcium Phosphate.
- III. is Calcium Sulphate.
- IV. is Iron Phosphate.
- V. is Potassium Chloride.
- VI. is Potassium Phosphate.
- VII. is Potassium Sulphate.
- VIII. is Magnesium Phosphate.
- IX. is Sodium Chloride.

X. is Sodium Phosphate.

XI. is Sodium Sulphate.

XII. is Silica.

The figures after the letters indicate the trituration of the remedies. Thus $3x$ =third decimal; $6x$ =sixth decimal; $12x$ =twelfth decimal trituration or dynamization; $30=60x$.

A dash (—) between two sets of figures means “ alternated with ”.

The word “ or ” between two sets of initial letters means that if one remedy thereby indicated does not suit, then try the next, and so on.

Lotions are made by dissolving *twelve pilules* in *half a tumbler* of water, and with this *saturate a piece of lint*.

INDICATIONS FOR THE USE OF THE BIOCHEMIC REMEDIES IN VARIOUS DISEASES

*ABSCESS (boils)	V. $6x$ —III. $6x$ or XII. $6x$.
ACIDITY (sourness of stomach)	X. $3x$ —II. $6x$.
ACNE (pimples)	II. $6x$ —V. $3x$ or X. $3x$.
*AMENORRHŒA (suppressed “ periods ”)	V. $3x$ or VI. $3x$ or VII. $3x$.
ANÆMIA (bloodlessness)	II. $6x$ —VI. $3x$ or IX. $12x$.
*APOPLEXY (or “ stroke ”)	II. $6x$ —XII. $6x$.
*APPENDICITIS (at outset,	6
first day)	IV. $6x$ —V. $6x$.
(next day)	IV. $12x$ —XI. $6x$ (and so on from day to day).
(For formation of abscess)	III. $6x$ —XII. $12x$.
*ASTHMA (see Shortness of Breath).	

- BACKACHE IV. 6x—I. 12x or IX. 12x—
V. 6x.
- *BILIOUS COLIC XI. 3x.
- *BLADDER, (catarrh of) X. 3x or XII. 6x.
(inflammation of) IV. 12x or V. 6x.
- *BRAIN FEVER IV. 12x—VI. 6x or V. 6x or
IX. 30.
- *BREASTS (inflammation of) IV. 12x—V. 6x or XII. 12x.
- *BRUISES (or black eye) IV. 6x first, then V. 3x, each
as lotion locally.
- *BRONCHITIS IV. 12x—V. 6x or VII. 6x—
IX. 30.
- BUNIONS (on toes) locally V. 3x as lotion.
- *BURNS—locally as lotion V. 3x first; III. 6x if sup-
puration later.
- CARBUNCLE (cold, hard,
abscess)
(internally) I. 12x—VI. 3x.
I. 6x; and as lotion, ex-
ternally.
- *CATARRHAL FEVERS IV. 12x—V. 6x or VII. 6x—
IX. 12x.
- CHAPS AND CRACKS OF
SKIN I. 6x as lotion, applied locally;
or IX. 12x.
- *CHICKEN POX IV. 12x—V. 6x.
- CHILBLAINS (frost bites) XI. 3x—VI. 3x on lint locally.
III. 6x as a lotion on lint.
- CHILLINESS IV. 6x—V. 6x or IX. 12x—
XII. 6x.
- *CHOREA (see St. Vitus's Dance).
- COLD IN THE HEAD IV. 6x—V. 6x or VI. 3x—
IX. 6x.
- *COLDS (see Catarrhal Fevers).

- *COLLAPSE (fainting) VI. 3x.
- *CONCUSSION OF BRAIN
(from injury) VI. 3x—XI. 6x.
- *CONGESTIONS of all kinds IV. 12x—V. 6x.
- CONSTIPATION—
Due to dryness IX. 30.
No desire I. 12x.
Due to tongue white
(torpid liver) V. 12x.
Tongue yellow VII. 6x.
Sour stomach X. 3x.
- *CONVULSIONS (or fits) II. 6x—VIII. 6x or IV. 6x—
VI. 3x.
- COUGH IV. 6x—V. 6x or VII. 6x—
IX. 12x or I. 6x—XII. 6x.
- *CRAMP (or spasm) of
muscles VIII. 6x or II. 6x.
- DANDRUFF (scales on scalp) VII. 3x or IX. 6x locally as
lotion.
- DEBILITY (weakness) II. 6x—VI. 3x or IX. 6x.
- *DELIRIUM IV. 12x—VI. 6x or IX. 30
- DENTITION (teething) II. 6x or I. 6x.
- *DEPRESSION VI. 3x.
- DISEASED BONE II. 6x—XII. 12x or III. 6x.
- DIZZINESS (or Vertigo) II. 6x—VI. 3x or XI. 6x—
XII. 6x.
- DREAD OF NOISE VI. 6x.
- *DYSPEPSIA (Indigestion) V. 6x—X. 3x or VII. 3x—
IX. 12x or II. 6x—XII. 6x.
- ENURESIS (passing urine in
sleep) II. 6x—IV. 6x or VI. 6x—
X. 6x.

*ERYSIPELAS—

*Soft swelling

XI. 3x as a lotion.

*Hard swelling

X. 3x as a lotion.

*With vesicles

V. 3x as a lotion. Inter-
nally for fever IV. 6x.

*With blisters

VII. 3x as lotion.

(In each case cover over all
parts with plenty of cotton
wool.)

*EXHAUSTION

VI. 3x or IX. 6x if collapsed.

EYES (cold in, bloodshot)

IV. 6x—X. 3x as an eyebath
—IV. 12x internally.

*FAINTING

VI. 3x.

*FEVER (simple)

IV. 6x or IV. 30. (If nervous
alternate with VI. 3x.)

FISTULA

I. 12x. X. 6x. XII. 6x.

*FITS (or convulsions)

II. 6x—VIII. 6x or IV. 6x—
VI. 3x.

*GALL-STONE COLIC

II. 6x and VIII. 3x (together
in *hot* water, "sipped off"
till relieved and then X. 3x
internally every two hours).

GLANDS (enlarged)

V. 6x—X. 3x or VIII. 6x.

*GOUT (acute attack)
(chronic)

IV. 6x—X. 3x or XI. 3x.

IX. 30 or XII. 6x.

*GUMBOIL

III. 6x—V. 3x or XII. 6x.

GUM (ulcerated)

V. 3x or VI. 3x—IX. 30 or

X. 3x—IX. 30.

*HÆMORRHAGE (bleeding)—

Locally if bright red

IV. 3x or IV. 6x.

Locally if dark red

V. 3x.

Locally watery

IX. 12x.

Internally

IV. 12x—V. 6x or VI. 6x.

- HAIR (falling off) IX. 30 internally, IX. 3x
locally as lotion.
- (dandruff) VII. 6x internally, VII. 3x
locally as lotion.
- *HAY FEVER VI. 3x—VII. 3x—IX. 6x—
XII. 6x.
- *HEADACHES—
- *Gouty, on top of head X. 3x.
- *Sick headache V. 3x.
- Throbbing headache IV. 6x.
- Nervous headache VI. 3x.
- *From overheated air of
room VII. 3x.
- *Neuralgic VIII. 3x and II. 6x—XI. 6x
or XII. 6x.
- *HEBRIA (rupture) I. 12x—XII. 6x. I. 5x (local
compress).
- *HICCUGH VIII. 3x, X. 3x.
- *HOARSENESS IV. 6x—V. 3x or VI. 3x—
VII. 3x.
- HOUSEMAID'S KNEE II. 12x. II. 6x (local com-
press).
- HYSTERIA VI. 6x.
- INCONTINENCE OF URINE
(wetting of bed or clothes)—
- Nervous VI. 6x—II. 6x.
- Muscular IV. 6x—VI. 3x.
- From worms in children X. 3x.
- *INDIGESTION—
- *Acute gastritis with much
pain IV. 6x or V. 3x.
- *With vomiting of food IV. 6x or I. 6x.
- *Nervous; ulcerated VI. 3x or X. 3x.

- *With feeling of fullness
and worse in hot room VII. 3x.
- *Flatulence with sharp
pains VIII. 3x in hot water or
II. 6x.
- *INFLAMMATION—
Always alternate IV. 12x and
V. 6x at the beginning of
all inflammations.
- INSOMNIA (see Sleeplessness).
ITCHING (or irritation of skin
anywhere
In old people) X. 3x—VIII. 3x or VI. 3x
II. 6x.
- *JAUNDICE XI. 12x or V. 12x—VII. 6x or
IX. 30.
- *KNEE (Hydropsgenu or
white swelling) II. 6x internally and locally
as lotion.
- *LOCKJAW (or trismus) VIII. 3x in *hot* water every
quarter-hour.
- LAMENESS (or giving way of
the legs) X. 3x—XII. 6x or II. 6x—
IX. 12x.
- *LARYNGITIS (inflammation of
wind pipe and loss of
voice) IV. 12x—V. 6x or IX. 12x.
- LEUCORRHOEA (“whites” in
women)—
- | | |
|--------------|----------|
| Transparent | II. 6x. |
| Opaque white | V. 6x. |
| Orange | VI. 6x. |
| Yellow | VII. 6x. |
| Watery | IX. 12x. |
- LUMBAGO (pain in back) II. 6x or X. 3x—IV. 6x or
V. 3x.

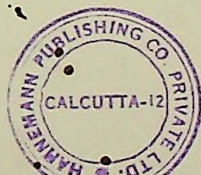
- *MELANCHOLY VI. 3*x* every two hours.
- MEMORY, LOSS OF VI. 3*x*—XII. 6*x*.
- *MENSTRUAL COLIC IV. 6*x* or VI. 6*x* or VIII. 6*x*
(in hot water).
- MENSTRUATION—
- Excessive II. 12*x* or IV. 12*x*—XII. 6*x*.
- Deficient or absent VI. 3*x*—VII. 3*x* or IX. 12*x*.
- Painful See Menstrual Colic.
- MUMPS (inflammation of parotid gland) V. 6*x*.—IX. 12*x*.
- NAILS
- Splitting and rough VII. 6*x* or XII. 6*x*.
- White spots and hang-nails IX. 12*x*.
- NAUSEA (sickness) V. 6*x*. X. 6*x*. XI. 6*x*.
- *NEURALGIA—
- Sharp pains like knife, relieved by heat VIII. 3*x* or VIII. 6*x* in *hot* water, sipped frequently.
- Throbbing pains, relieved by cold IV. 6*x*.
- Dull, aching pains V. 3*x*.
- Shifting about VII. 3*x*.
- Recurring at night (ob-
obstinate) II. 6*x* or VIII. 3*x*.
XII. 6*x*.
- NIGHT-TERRORS (nightmare) VI. 6*x* or II. 6*x*.
- NOISES IN THE HEAD IV. 12*x*—VI. 6*x* or VIII. 6*x*
—IX. 30.
- NOSE AFFECTIONS—
- Adenoids I. 12*x*—II. 6*x*.
- Ulcerated XII. 6*x*—I. 12*x* or VI. 6*x*.
- Catarrh of VII. 6*x*—IX. 12*x*.

NUMBNESS	II. 6x—IX. 30 or VI. 6x.
*OPHTHALMIA (inflammation of eye)	IV. 6x—X. 3x or III. 6x—VII. 6x.
*OVARIAN PAINS	II. 6x, IV. 6x, VIII. 6x.
PALPITATION OF HEART	IV. 30—VI. 30 or V. 6x—IX. 30 or VII. 6x.
PILES (or Hæmorrhoids)—	
Blind	I. 12x. Locally I. 6x as lotion.
Bleeding, bright blood	IV. 12x. Locally IV. 6x as lotion.
Bleeding, dark and clots	V. 6x. Locally V. 3x as lotion.
Mucous	IX. 30.
Congested liver	XI. 6x.
*Painful	VIII. 3x as lotion (warm) locally.
PIMPLES (or spots on skin)	V. 3x—X. 3x or III. 6x—IX. 12x.
PROLAPSE—	
Of bowel	I. 12x or IV. 12x—VI. 6x.
Of womb	I. 12x or IV. 12x—VI. 6x.
*PUERPERAL (child-bed)	
FEVER	V. 12x—VI. 6x. Vaginal douche of hot water 104° F. to each quart of which add 15 drops of tincture of cinnamon.
PULSE-BEAT—	
Strong and quick	IV. 30—VI. 30.
Weak and slow	VI. 3x.

PUS (or matter)—	
Before discharging	III. 6x to abort it; XII. 3x or XII. 6x to hasten it.
After discharging	XII. 30 or III. 12x to stop it.
*QUINSY (acute tonsillitis)	X. 3x—IV. 6x.
*RETENTION OF URINE (suppressed urine) (in children)	VIII. 3x in hot water. IV. 6x.
*RHEUMATISM (acute articular) Chronic	IV. 12x—V. 3x, later X. 3x. IX. 30—XII. 12x.
RICKETS (bone disease)	II. 6x—I. 6x or XII. 6x.
RUPTURE (see Hernia).	
ST. VITUS'S DANCE	II. 6x—VIII. 3x.
SALIVATION (dribbling of saliva)	IX. 30 or IX. 200, night and morning.
SCALDS (see Burns).	
*SCIATICA	VI. 3x—XI. 3x or VIII. 3x— XII. 6x.
SCURVY (Scorbutus) (from excessive salt)	V. 3x or VI. 3x—IX. 30.
SENSIBILITY (to touch)	VIII. 6x.
SENSITIVENESS (of mind)	VI. 6x.
*SEPTICÆMIA (blood-poison- ing) (ptomaine poisoning)	VI. 3x.
SHINGLES or HERPES	IX. 30—VI. 6x.
*SHIVERING (from cold) (nervous)	IV. 6x or VII. 3x. VI. 3x.

*SHORTNESS OF BREATH (or asthma)	VI. 3x or VIII. 3x (dyspeptic and nervous asthma).
(Bronchial)	V. 3x—IX. 30 or VII. 6x— XI. 3x.
(Cardiac)	I. 12x.—IX. 30 or V. 6x— VI. 3x.
SHORTNESS OF SIGHT (myopia)	IX. 30.
SHYNESS (nervous)	VI. 6x.
*SICK HEADACHES—	
Megrin	IX. 30.
Uric acid	X. 3x.
Bilious	XI. 6x.
Sluggish Liver	V. 6x.
Congestive	IV. 6x.
SIGHING	VI. 6x.
SLEEPINESS (excessive sleep)	IX. 30 or XI. 6x.
*SLEEPLESSNESS (insomnia)—	
Nervous	VI. 30 (1)
Congestive	IV. 30 (2)
Acidity	X. 6x (3)
	} (one hour before bedtime; at bed- time; one hour after, if awake).
SLUGGISH OR WEAK CIR- CULATION	VI. 3x.
SMELL, LOSS OF	VIII. 3x. IX. 12x.
SNORING (during sleep)	I. 12x—X. 6x.
SOFTENING (of brain)	VI. 3x—IX. 30 or II. 6x.
*SORE THROAT	IV. 6x allied with V. 3x or II. 6x—VIII. 3x

- *SPASMODIC AFFECTIONS
(such as St. Vitus's dance,
spasm of heart, spasm of
windpipe, etc.) II. 6x or VIII. 3x or VI. 3x
—X. 3x.
- SPINAL CURVATURE II. 6x or I. 6x—XII. 6x.
- *SPLEEN, Congestion of IV. 12x—VI. 6x or IX. 30.
- *SPRAINS (or strains of mus-
cles) IV. 6x—V. 3x.
- SQUINTING (spasmodic) VIII. 3x or IX. 30 or X. 3x
(from Worms).
- STAMMERING OR STUTTER-
ING VIII. 3x or VI. 3x.
- STERILITY (or "barrenness"
in women) X. 3x—XII. 6x.
- *STIFF-NECK (also "crick"
in the back) II. 6x—IV. 6x.
- STIFFNESS OF MUSCLES (after
exertion) IV. 6x or V. 3x or VI. 3x.
- *STINGS OF INSECTS or
SNAKE BITES VIII. 3x—IX. 6x (as lotion
applied locally).
- *STRICTURE OF URETHRA
(bladder) VIII. 3x sipped in hot water.
- STUMBLING (or tripping
easily) VI. 3x—II. 6x.
- *STUPOR (in fevers) VI. 3x—IX. 12x.
- STYES (on eyelids) XII. 12x or IV. 12x.
- SUFFOCATING FEELING
(especially in "close"
rooms) VII. 3x.



*SUN-STROKE	IX. 12x internally every quarter-hour.
	IX. 6x lotion to back of neck.
SUPPURATION (sec Pus, or matter discharging).	
SWEATS (or perspirations)—	
On head	XII. 6x.
On neck and back	II. 6x.
Debilitating and profuse	VI. 6x.
Sour	X. 6x.
Cold and clammy	VII. 6x.
Night-sweats	II. 6x or III. 6x or IX. 12x or XII. 6x.
SWELLINGS	I. 12x, V. 6x or IX. 12x or XI. 6x or XII. 6x.
TAPE-WORM	IX. 12x or IX. 6x.
TEETHING TROUBLES (in children)	I. 6x or II. 6x or IV. 12x or VIII. 3x or IX. 30.
THRUSH (aphthae, or ulcers in mouth)	V. 3x or VI. 3x.
*TIC-DOULOUREUX	IV. 30 or VIII. 3x.
TINNITUS (or noises in the ears)	IV. 12x—VI. 6x.
TOE NAILS (in-growing)	V. 3x.
TONGUE (coating of)—	
White	V. 6x.
Bright yellow	X. 3x.
Dull yellow	VII. 3x.
Clean red	VIII. 3x.
Frothy	IX. 30.
Dirty brown	VI. 3x.
Greenish-grey	XI. 3x.
Cracked	I. 12x or X. 6x.

- *TONSILLITIS (acute) (see Quinsy).
(chronic) VIII. 6x.
- *TOOTHACHE II. 12x or V. 6x or VII. 6x or VIII. 3x or X. 3x or XII. 6x.
- (from gumboil) III. 6x.
- TUMOURS I. 12x or II. 12x or III. 12x or XII. 12x.
- TWITCHING (of muscles) IX. 30 or XII. 12x.
- *TYPHOID or ENTERIC FEVER IV. 12x—V. 6x or with VI. 3x or VII. 6x or IX. 12x.
- *TYPHUS (or putrid fever) VI. 3x—IX. 12x.
- ULCERATIONS I. 12x or III. 6x or V. 6x or X. 6x or XII. 12x.
- *UTERINE HÆMORRHAGE IV. 6x or I. 6x or VI. 3x or IX. 12x.
- UTERUS (womb) prolapse of I. 6x, IX. 12x, VI. 3x.
- UVULA (relaxed and hanging) I. 6x or IX. 12x.
- VARICOSE VEINS I. 12x (inflamed), IV. 12x.
- VERTIGO (or giddiness) (see Dizziness).
- VESICLES (or blisters) IX. 12x or XI. 6x or VI. 6x.
- VITALITY (depressed) VI. 3x or VII. 3x.
- *VOICE (hoarseness) IV. 6x or V. 3x or VI. 3x or VII. 3x.
- *VOMITING (acute gastritis) IV. 6x or I. 6x.
- With white furred tongue V. 3x.
- Nervous VI. 3x.
- Bilious XI. 3x.
- Acidity of stomach X. 3x.
- Water-brash IX. 30.

TREATMENT

i. CHOLERA, DYSENTERY, DIARRHŒA, ETC.

Ferrum phos. for fever and quick pulse in cholera or dysentery at onset. In dysentery never useful if there are forcing pains which require *Kali mur.*

Kali mur. cutting as from knives in dysentery with tenesmus or "forcing pains" extorting cries, with slimy, bloody stools.

Kali phos. when stools look like "rice-water" in cholera, with collapse, livid, blue countenance and low pulse; chief remedy. Also when stool consists of blood only, patient delirious, and putrid stools, in dysentery with tenesmus or "forcing pains".

Mag. phos. is indicated in cholera for abdominal cramps, vomiting, and cramps in calves. Also in dysentery for crampy pains in bladder and rectum, with constant desire to pass water and go to stool. Eased by warmth, friction and bending double.

Calc. sulph.—stools, purulent and mixed with blood, especially in cases that persist after *Kali mur.* in dysentery.

Natrum sulph. for bilious diarrhœa with green stools.

Kali sulph. in cholera or diarrhœa if yellow, slimy, watery, mattery stools; sometimes black, thin, and offensive.

In YELLOW FEVER give *Ferrum phos.* in alternation with *Natrum sulph.* and *Kali phos.* every quarter of an hour.

ii. COLDS AND CATARRHS, INFLUENZA, ETC.

To prevent the bad effects of a chill, take at once *Ferrum phos.* 3x every half-hour till in a warm glow. If that does not suffice, wrap up warm on a couch, or go to bed, and if feet are cold, have a hot bottle, and take *Kali sulph.* 3x in alternation with the *Ferrum phos.* 3x every half-hour till skin acts freely.

If the cold takes the form of hay fever with violent sneezing and running of nose and eyes, take *Natrum mur.* 6x in alternation with *Ferrum phos.* 3x every half-hour till relieved. If not relieved, *Silicea* 6x and *Kali phos.* 3x in same way.

If the sneezing still persists, take *Arsenicum iod.* 3x in place of the above. If there is a burning dryness of nose and throat and stuffiness of nose, take *Kali mur.* 3x in alternation with *Calc. fluor.* 6x every hour or two.

In chronic catarrhs of weakly persons with albuminous discharge from nose, sneezing, and sore nostrils; in nasal polypus, and in ulcerated nose in children, give *Calc. phos.* 3x every four hours.

In influenza colds with profuse secretion of greenish mucus and aching all over, give *Natrum sulph.* 3x every half-hour. This will break up the real INFLUENZA or "la grippe" itself, and prevent any of its complications (in alternation with *Natrum mur.* 12x).

In loss of the sense of smell with alternate dry and loose coryza and gushing flow from nostrils, give *Mag. phos.* 3x every half-hour

In ozæna with offensive discharge from nose (when the disease is seated in the sub-mucous tissue or periosteum) and inveterate ulceration with corroding discharge, give *Silicea* 12x internally every four hours, and syringe out the nostrils with *Silicea* 6x, nine pilules or tablets to a half-pint of warm water.

In naso-pharyngeal catarrh with thick, yellow mucus and

offensive odour before the nose, and as an intercurrent remedy, when gastric symptoms appear with acid risings and yellow "fur" at base of tongue, also picking of nose, give *Natrum phos.* 6x every hour or two.

In the purulent stage of acute nasal catarrh with burning dryness and stuffy cold in head with a white or whitish-grey "fur" at root of tongue, and thick white, opaque phlegm, give *Kali mur.* 3x every half-hour or hour.

In foul, offensive discharges from nose, where nervous symptoms occur, and sometimes nose-bleed, or thick yellow discharge from nose with sneezing from the slightest exposure, give *Kali phos.* 3x every half-hour or hour.

iii. CONSTIPATION

The baneful effects of resorting to aperients or purgatives for constipation is the most fruitful cause of not only the most obstinate forms of that very complaint in an aggravated degree, including atony and even paralysis, of the rectum, piles, and fistula, but also of such modern diseases as appendicitis and gastric and intestinal cancer, not to speak of the legion of dyspeptic ills which afflict mankind. However, as long as physicians of the old school (including some of the most eminent men of the day, in their own way) remain ignorant of, or obstinately shut their eyes to the naked fact that all drugs have a secondary action (or rather re-action) opposite to that of their primary action, so long will "pill-mongers" flourish and fatten on the credulity of a long-suffering public. The first time a purgative is taken for constipation, the primary action thereof is to cause an artificial diarrhoea and when that has ceased, the secondary action is a constipation more obstinate than it was before the dose; this is the re-action, and if on the fourth day say, another dose is taken, another primary (diarrhœic) action occurs of less intensity than before, to be followed by another re-action

(constipative) of greater intensity, and so it goes on. The more purgative is taken, the less and less the primary (diarrhœic) action, and the greater and greater the secondary (Constipative) re-action.

All this trouble and misery could be obviated by the use of, either a remedy whose primary action is to constipate and secondary to relax the bowels (given of course in minimum doses) or else a "tissue-salt" indicated by the general symptomatology of the case, as follows :

Ferrum phos. is the remedy when the constipation is due to atony of the intestinal muscular fibres with heat, and possibly prolapsus of anus, with piles, cold hands and feet, pale or flushed face, flatulence, and aversion to meat.

Kali mur. is required when, with torpid liver, stools are light or clay-coloured ; fat and pastry disagree, and the tongue is coated with a thick, opaque white fur at the root especially.

Calc. fluor. is indicated when there is almost complete want of power and inability to expel stools, usually accompanied by internal blind and bleeding piles.

Kali phos. when there is actual paralysis of the colon and rectum due to defective innervation, or when the stools can only be expelled while standing up. (*Kali hydriodicum.*)

Natrum mur. when there is excessive dryness of mucous membrane, causing hard, dry stools, difficult to expel, drowsiness, watery eyes, and water-brash. Constipation of fleshy people, or those with weak hearts, and of smokers.

Natrum phos. when there is, in young children, especially, either obstinate constipation or attacks of diarrhœa, give three to five grains or tablets three times a day of the 3x potency.

Natrem sulph. when there are hard, dark, knotty stools, like small marbles, with smarting of anus, or difficult expul-

sion of even a soft stool which seems to adhere to the bowel like pitch : also emission of quantities of fetid flatus or wind.

Silicea when the rectum seems to have partially lost its power of expulsion so that the stools tend to *recede* after their partial expulsion, with soreness, stitches and shooting pains in anus. This occurs especially in ill-nourished persons and children with pale faces and copious perspiration of the head.

Calc. sulph. costiveness with hectic fever and difficult breathing.

Kali sulph. Habitual constipation, colitis. Tongue slimy and yellowish. Gas escaping from bowel has a strong sulphury odour.

Calc. phos. in hard stool with blood, of old people, associated with depression, giddiness, and headache.

Mag. phos. in constipation of infants with spasmodic pains and windy colic causing shrill cries.

On commencing the treatment of obstinate cases of constipation, especially if chronic, a period of some days may elapse before this treatment can (so to speak) "take hold". During this interval of waiting for the re-action to take place, the best plan is to use an enema of glycerine daily ; all that is required being a 2 drachm sized glycerine syringe (with bent nozzle) and slightly diluted (half water) glycerine, with which fill the syringe and inject into the bowel while lying on the back, on a couch. The glycerine causes "forcing pains" to come on in the lower portion of bowel in about half a minute's time and these should be attended to *at once*, or they may pass off to no purpose. In some cases no result may take place the first time ; if so, repeat the process in twelve hours' time, or use warm water and oil, injecting 2 ounces of oil first, and then a pint or more of water 104° Fahr., or still better warm gruel.

iv. COUGHS

Ferrum phos. is indicated in acute, painful, short, dry and tickling cough, with feeling of soreness or rawness in lungs, and no expectoration; only rattling of mucus in chest, worse at night.

Kali mur. in loud, noisy, stomach-cough with opaque, white-furred tongue, and thick, milky-white gluey phlegm. In croupy, hard, cough; child grasps at throat during coughing spell. Croup-like hoarseness. Cough spasmodic, like whooping cough.

Kali phos. in cough from irritation in trachea, which feels sore. Phlegm thick, yellow, salty, fetid. Chest very sore. Croup in last stage, and whooping cough in highly nervous subjects with great exhaustion, when *Mag. phos.* does not suffice.

Kali sulph. in cough with yellow, thin expectoration, worse in a heated atmosphere or evening. Mucus often slips back and is swallowed. Tongue coated a thin yellowish-white.

Mag. phos. in true spasmodic cough coming on in paroxysms, without expectoration, and difficulty in lying down. Chief remedy in whooping cough for the spasms, with soreness from strain of coughing.

Calc. fluor. in cough with expectoration of tiny, hard, yellow lumps of mucus (like small peas). Cough with tickling and irritation in throat on lying down, and as an intercurrent remedy in the cough of consumptives.

Calc. sulph. in cough with blood-stained matter.

Natrum mur. in cough with excess of watery secretion, or transparent, thin, starch-like phlegm. In "winter cough", dry, short cough, day and night, from irritation in pit of stomach. Stitches in liver with cough. Cough causes, sometimes, spurting of urine.

Natrum sulph. in cough with muco-pus, thick, ropy, and greenish-yellow; must press upon chest to relieve the soreness and weakness, and "all goneess".

Silicea in cough provoked by cold drinks but relieved by warm, moist air, or steam. Laryngeal morning cough with tough, yellow, heavy, mattery expectoration, or yellowish-green pus of greasy taste, and offensive odour. Suffocative night cough, with difficulty of breathing on stooping, or lying on the back.

V. CROUP AND DIPHTHERIA

The chief remedy in true croup is *Calc phos.*, and if insufficient, *Kali sulph.* should be given in alternation therewith, every half-hour or hour, in the 30th potency preferably, though 12x might do in some cases. Any feverishness should be combated by bringing in *Ferrum phos.* (12x or 30) every third half-hour or hour. The chief remedy in false or pseudo-croup is *Kali mur.* (12x or 30) in alternation with *Ferrum phos.* (12x or 30) every hour or two. In diphtheria the chief remedy is *Kali mur.* in alternation with *Ferrum phos.* (each 12x or 30) every half-hour or hour, but if the membrane spreads down to the larynx and there is difficulty of breathing in consequence, give *Calc. phos.* (12x or 30) in alternation with *Kali mur.* every half-hour, as this will save life and obviate the unsatisfactory need of resorting to laryngotomy. Should the exudation, instead of being white as it generally is, be yellow (on the tonsils and back of throat) *Natrum phos.* (6x or 12x) is indicated in place of *Kali mur.*

If gangrene, or putridity, or mortification of the membranes occurs, *Kali phos.* 3x or 6x should be used alternately with *Kali mur.*, and it will prevent or cure any paralysis of the vocal chord, etc., which may occur after the disease has subsided.

No gargles of Condy's fluid, or carbolic acid, or any such extraneous remedies should be permitted with this treatment, as the patient might die from such interference, through not giving the tissue-remedies their free and full action, nor should any strong-smelling scents be used, or kept near these remedies, at any rate in urgent cases where the greatest good from them is an absolute necessity. Never douche out the *nostrils* with salt or any kind of lotion, or with cold water even, as it is dangerous, and may cause some brain trouble, or even apoplexy. Never *mix* two or more of the remedies together in the same tumbler of water for any purpose, or use the same spoon to stir two or more different solutions with, as it may spoil the result entirely. Always *rinse out* and *dry* all tumblers or cups before preparing a fresh solution of the medicine. Never use any *vaginal douches* medicated with any drug in cases of leucorrhœa (whites), otherwise it, eventually, may lead to tumours of the breasts.

vi. INJURIES, ETC.

In all cases dissolve four or five tablets (or grains of the powder) in each large tablespoonful or ounce of water necessary (cold for bleeding, hot for bruises) for a lotion, with which saturate a piece of linen or lint and apply to injured part at once, covering with oiled paper, or gutta-percha tissue, and bandage up firmly.

Bleeding can immediately be stopped by applying *Ferrum phos.* 1x dry powder on lint, etc.

In sprains, strains, cuts, or contusions of flesh at once apply a lotion of *Ferrum phos.* 3x and when pain and inflammation or bleeding has subsided, use a lotion of *Kali mur.* 3x.

In bruises of bones (shins, etc.) apply a lotion of *Calc. fluor.* 6x.

In falls on head, or blows on skull, use a lotion of *Ferrum*

phos. 3x externally, and give three tablets or four pilules of *Natrum sulph.* 6x every two hours, internally.

In neglected cases of injury when "festering" occurs, apply *Silicea* 3x or 6x as a lotion, and if wound then does not tend to heal, use *Calc. sulph.* 3x instead.

In sun-stroke give *Natrum mur.* 6x two or three tablets dissolved on the tongue or under the lower lip, and cold water compresses to forehead and tophead (not to back of head or neck).

In burns a solution of *Kali mur.* 3x will prevent blistering followed by solution of *Ferrum phos.* 3x for the pain.

In snake bites, or wasp and bee stings, crush up three or four tablets of *Natrum mur.* 6x in a little saliva (if no water at hand) and immediately apply to wound, giving also *Natrum mur.* 12x internally, every ten minutes. *Mag. phos.* 3x in case of spasms, in alternation.

vii. NEURALGIA

Kali mur. Lancinating nightly pains from small of back to feet, worse from warmth of bed; must rise and sit in chair for relief. Obstinate neuralgia in right shoulder or arm from congested liver.

Ferrum phos. Congestive and inflammatory pains relieved by cold applications; also those due to cold or chill, with throbbing pain, or as if a nail being driven in. Blinding pain, one-sided in head, temples, over eye or in jaw bone. In "tic-douloureux" chief remedy (30th). If insufficient, give *Calc. phos.* 30. Use also locally *Ferrum phos.* 3x.

Kali phos. Neuralgia with depression, nervous irritability and feelings of exhaustion, yet has to walk about from restlessness. Sciatica.

Mag. phos. Intensely sharp, shooting, neuralgic pains of a drawing and constrictive nature. Spasmodic and crampy

and colicky pains. Typical facial neuralgia relieved by warm applications.

Natrum mur. Periodical neuralgic pains shooting along the course of nerve-fibres with flow of saliva. Orbital neuralgia with lachrymation. Face-ache with obstinate constipation, worse in morning, from reading, writing and talking, in school girls with anæmic, watery blood.

Calc. phos. Neuralgic pains deep-seated in bones. Pains like electric-shocks, or crawling coldness and numbness. In "tic-douloureux" intercurrently with *Ferrum phos.* Neuralgia of anus, worse after stool.

Silicea. Pains mostly in teeth. Better from wrapping up head warmly. Lumbo-abdominal neuralgia. Obstinate neuralgia caused by dissipation or hard work and close confinement.

Kali sulph. Neuralgic pains in different parts of body, flying about in all directions and never settling long in one place.

viii. PREGNANCY

The Biochemic tissue-salts show their wonderful power most effectually in all stages of pregnancy up to child-birth itself, as it is *then* that the vital processes seem to put forth their fullest constructive efforts.

Thanks, therefore, to these inestimable "tissue-constructors", I have never yet failed to render most invaluable assistance to mothers, especially those who always formerly had bad times and could not do without instrumental aid. A special course of this treatment during the whole period of pregnancy in *very* bad cases, or even during the last two or three months in less serious cases, invariably insures the mother a much easier and quicker delivery, in some instances so quick and easy that all is over within an hour or two from the commencement of "labour pains", a result which I have

often been enabled to effect, in fact have never had a case in which the pains were prolonged beyond three to four hours, even when the Biochemic salts had only been commenced at the first threatening of them.

Not only does this treatment make the labour quicker and easier, but it can also control the *post-partum hæmorrhage* within the utmost limits. I have treated many cases in which the after-bleeding has only amounted altogether to about a quarter to half a pint which contrasts most favourably with those cases under the "old school" treatment, in which the room after delivery looks like a veritable "slaughter-house", and is the cause of many a wrecked life thereafter, the ensuing dose of Ergot, being like "shutting the stable door after the steed is stolen", not that it would save the situation even if it were given (as the *Kali phos.* is) before the delivery takes place, nor would it be safe. Of course some mothers, here and there, are what are termed "bleeders", being constitutionally disposed to hæmorrhages from the slightest cause, and particularly that of child-birth, but even in these cases I have, by means of the Biochemic tissue-salts, kept the hæmorrhage within safe and reasonable bounds.

I could give numerous instances of the inestimable value of the tissue-salts in cases of pregnancy, difficult labour, and menstrual and other female disorders, but as space is limited I can only mention one or two of those cases whose details I have kept, and which will be found under the heading of "Illustrative Cases".

ix. SMALL-POX, MEASLES, SCARLET FEVER

In the treatment of small-pox, measles and scarlet fever, the first or feverish stage requires *Ferrum phos.* 6x or 12x either to develop the rash properly or to cut short the disease at its very inception. I have thus several times cut short scarlet fever and measles at the commencement in cases

where others of the family had the fully-developed rash, which in all three of these diseases requires *Kali mur.* 3x or 6x, to subdue the swelling of epidermis (second stage) due to elimination of fibrin from the blood. It is safest always to alternate the *Ferrum phos.* and *Kali mur.* and thus ensure the thorough breaking-up of the diseases at their commencement, as one can never tell the exact stage they are in.

Should the fever not be subdued by *Ferrum phos.* 12x then give it in the 30th potency every quarter or half hour in alternation with *Kali mur.* 6x, according to severity of symptoms. In case of drowsiness and twitching and also should the swelling of skin due to the confluence or "running together" of the rash in all three diseases be excessive, as in "confluent small-pox", *Natrum mur.* (30th) should be brought in, in alternation with *Ferrum phos.* at first, and with *Kali mur.* when fever is lessened, or with both if necessary, every quarter or half hour. Putrid conditions, with great exhaustion and stupor or delirium require *Kali phos.* as an intercurrent (3x or 6x) and when pustules become purulent or "mattery" *Natrum phos.* in alternation with *Calc. sulph.* 12x, to prevent the pustules from discharging. The final stage of each of these diseases, when desquamation or "peeling" occurs, requires *Kali sulph.* 6x to promote the formation of healthy skin, and hasten the "peeling".

ILLUSTRATIVE CASES

Epitaph of Dr. Lettsom, Lecturer on Surgery, Royal College of Surgeons :

" You say I'm dead,
I say you lie.
I physics, bleeds and sweats 'em
If after that my patients die—
Why verily I let's 'em."

" God and the doctor men adore
When sickness comes, but not before :
When health returns, and things are righted,
God is forgotten, and the doctor slighted."

Unfortunately many of the most important cures which are effected are never known by the doctor who was instrumental in bringing them about, whilst many have only become known to him through others, indirectly, long after the patients have been supposed to have gone off uncured. However, I will now briefly describe a few typical cases of those which have occurred from time to time, in my practice (including some of those I mentioned in the first and second editions of this book) in connection with my patients in all parts of the world.

ABSCESS OF THE ANTRUM OF HIGHMORE, from caries of the superior maxilla, cured by *Silicea*, *Calc. fluor.* and *Kali sulph.*

In 1896, a lady consulted me for an abscess which had formed in the antrum of Highmore, or cavity in the upper jaw bone, which threatened the destruction of the orbit, nasal bones, and hard palate. Her dentist advised either removal of a tooth to enable it to discharge away, or, as this was resented, to bore a small hole through the hard palate,

which she also hesitated about, and being recommended to come to me, I said I did not think such would cure the diseased bone (so bad as to cause an excessively offensive odour) which only internal remedies could effect. After three months of my treatment, all traces of diseased bone and the abscess had disappeared, as revealed by the Röntgen rays which were applied by her dentist himself, who very liberally acquiesced in my treatment. The cure has stood good.

PUERPERAL, SEPTICÆMIA (Child-bed Fever)

This was one of the worst cases it could possibly be the lot of anyone to behold, the blood in the affected parts having been absolutely putrid, and temperature at the enormous height of 108° Fahr. when I was first called in, on the third day after delivery. I found the patient (wife of a hotel proprietor) had had no action of the bowels for about a fortnight, and had also exhausted herself up to the last moment helping to move heavy furniture from one room to another. As the doctor who had attended her confinement, though young, seemed a careful man, the only conclusion one could come to as to the cause of the blood-poisoning was that it was a case of auto-intoxication through neglect of bowels, want of fresh, out-door air, and excessive exertion. As the patient was only semi-conscious (with averted eyelids) I commenced by douching her with hot water (102° Fahr.) medicated with decoction of cinnamon, that being one of the most powerful and yet harmless of antiseptics. Though the water was so hot, the patient's first words to me were, "Oh! how nice and cool! What is that you are doing, doctor?" Her temperature being six degrees above that of the hot water thus accounted for its feeling so cool! Having thus cleared out all putrid clots, etc., and relieved the bowels, I administered *Kali phos.* 3x, and in two hours' time was gratified to find the temperature had fallen to 103° Fahr., so

left her, instructing the nurse to keep up the *Kali phos.* every hour during the night. When I called next morning I was still further gratified at finding the temperature reduced to 101° Fahr., and by the next evening (viz. 'in 48 hours' time) it was quite normal, and remained so till the patient recovered. This was one of those dreaded cases which they always isolate in maternity hospitals, and give less hope of recovery than in any other disease, not even excepting typhus (or putrid) fever, of which it is a more severe and dangerous form.

DIFFICULT LABOUR (Accouchement)

In the case of those mothers who are usually obliged to have instrumental aid owing to the abnormal size of the infant compared with their natural outlets, this condition can be entirely obviated by a previous course of treatment during the whole or a good part of the pregnancy, by which the size of the unborn child, and the elasticity of the maternal organs may be naturally proportioned to each other, as all cases of disproportion are primarily due to certain defective nutritive conditions in the mother's organism which can be rectified by a course of this treatment, as the following case will show :

The wife of a distinguished American lawyer, who was staying at the Savoy Hotel, was recommended to consult me as a last resource, after having endured to no purpose various kinds of heroic treatment in America and on the Continent of Europe. On coming to London, an eminent surgeon was called in, who diagnosed her case as one of diseased vertebrae, she having previously been treated for spinal meningitis and what not! He therefore "aspirated" her, making seven punctures on each side of spinal column to see if any fluid was there, but found nothing! Her symptoms were agonizing pain all along the dorsal and lumbar vertebrae, so that she could not sit up, nor even lie still in

any position for long, and was completely worn out from want of rest. She had tried electricity, massage, freezing, baking, vibration, and baths, hot, cold, dry and wet, etc., in fact every known and unknown kind of refined torture to no purpose, except to aggravate matters! So the eminent surgeon was dismissed, and I was sent for, and on going over the history of her case, I found out that she was perfectly well till she had had her second child (a boy), who had been brought into the world through instrumental aid, and that this had caused most severe laceration of parts, which had not been properly attended to at the time, so that some time afterwards a serious operation had to be performed, during which she was kept about two hours under ether, and it was after that, that the pain in back gradually developed, and for which she had tried all the above-mentioned treatments for relief.

Putting the whole thing down to repeated mechanical violence and nervous shocks to the system, after a very difficult accouchement due to the large size of the child, I treated her accordingly, giving her chiefly *Ferrum phos.* 200, *Kali phos.* 200, and *Mag. phos.* 200, from time to time, and within four months she was able to return to America.

Hearing afterwards that she was again *enceinte*, I treated her during the last three or four months with *Calc. fluor.* 12x and *Calc. phos.* 6x, and when the time for delivery came with *Kali phos.* 3x, and she passed through it splendidly, all being over in less than half the time of the previous one, and without a hitch, no instruments being required.

VALVULAR DISEASE OF HEART

A young man in an important position in a large City Insurance Office came to me with valvular disease of heart (mitral incompetence), a very serious matter to him with a wife and delicate child dependent on him. A brother of his

died from valvular disease, so there was evidently a hereditary pre-disposition to it. However, I treated him chiefly with *Calc. fluor.*, *Kali mur.* and *Natrum mur.* and in about six months' time he was quite cured, there being no longer apparent, on auscultation, any incompetence of the valves, as testified to by the head Medical Examiner of his firm, and he has been in good health ever since.

BRONCHITIS AND SPASMODIC ASTHMA WITH CONGESTION OF LIVER

Patient, an elderly lady (64), suffered for years with fearful attacks of suffocation and agonizing coughing, also pitiful groans ending in retching up of tenacious mucus (like liquid pitch). After a few months' course of Biochemic treatment she was restored to a state of very fair health and vigour, and could walk several miles a day without any difficulty of breathing, etc.

OBSTINATE CONSTIPATION

Of many years' duration cured in six weeks by Sodium Chloride.

Three months after treating this case the patient, a business man, wrote: "I am very pleased to be able to tell you that since I last saw you I have not had occasion to have recourse to the 'dises', nor any other such means. I must confess that three months ago, and that for some years previously, I had resigned myself to the expectation of having to make continuous use of Cascara Sagrada or other medicine for the rest of my days." This is a striking instance of the vast difference between a substance in its crude state and a dynamic "trituration" thereof, for here the patient must have imbibed the usual daily quantum of Sodium Chloride in the form of common table-salt, and yet was not cured until it was given him "Biochemically" prepared.

ENLARGED TONSILS AND ADENOIDS WITH ULCERATION OF THROAT

Young man, aged 17, and his sister, aged 7, having been troubled from birth with chronic enlargement of tonsils, were entirely cured by a course of Biochemic treatment consisting chiefly of *Calc. phos.* and *Kali mur.* The wanton way in which tonsils are nowadays "guillotined" is a disgrace to our boasted Science of Healing, and those surgeons who assert that they cannot see any use for the tonsils should learn the use of them by having their own excised! They would then find not only that they were continually liable to laryngeal and bronchial troubles, and possibly even phthisis itself, but would also lose what are practically two indispensable organism "filters" or "scavengers" and throat-lubricators. They would, moreover, be liable to choke when swallowing their food. In any case, their assertions are utterly presumptuous!

CHRONIC CROPS OF LARGE CARBUNCLES ON NECK

By a six months' course of *Calc. fluor.*, *Silicea*, and *Kali phos.*, I was able to cure a City Bank Director of these troublesome outward expressions of a low and depressed condition of the body; also several others of a similar kind from time to time.

ACUTE INFLAMMATION OF KIDNEYS FOLLOWED BY PARALYTIC STROKE AFTER INFLUENZA Cured by a three months' course of the Biochemic treatment.

A retired Admiral (in Berkshire) was suddenly rendered speechless and helpless by a paralytic stroke one morning, after an attack of influenza, which also affected the kidneys. I was immediately "wired" for, and on arrival felt rather doubtful whether much could be done for him, he being an elderly man and not particularly strong, having seen a lot of

service. However, after giving him *Calc. phos.* 6x and *Silicea* 6x in alternation every half-hour, I was gratified to find, after about four hours, that his speech had partially returned, and he could use his limbs a little, so left him to continue these remedies less often. In a month, after giving two or three other remedies from time to time, he was able to get about out of doors, though winter, and in three months could do eight to ten miles walking a day. The explanation of this case is, that evidently either exudation of serum had taken place, or a blood-vessel had ruptured, in the brain, and the pressure of fluid, or the clot, had caused the sudden loss of power and speech.

Calc. phos. and *Silicea*, each having the property of absorbing either an exudation of serum-albumen, or a blood-clot, sufficiently explains the prompt result.

EXOPHTHALMIC GOITRE (Graves's Disease) Cured by *Natrum mur.* 300 and *Kali phos.* 6x.

A Cape merchant came to England (in 1906) to be treated for this painful malady which consists of excessive bulging of the eye-balls, the whites being so conspicuous as to give the patient a very fierce expression. There is usually violent palpitation of heart, with very quick pulse, painful headaches, and great nervous exhaustion, the cause generally being due to excessive work and worry. The patient tried several of the best "old school" authorities on the subject, in England and on the Continent, but returned to the Cape worse than ever. He got so bad at last that his sister in England (wife of the Admiral whose case I have mentioned) again begged him to try my treatment, as he had, on his first visit, scoffed at it; so at last he consented, and on leaving the Cape for the second time, became so bad that his Colonial friends all thought they would never see him again. However, I took him in hand, and in three months he was a different being,

all his symptoms having been greatly relieved, and in six months he was able to return home, quite cured.

CHRONIC DESQUAMATIVE ECZEMA Cured chiefly by means of *Calc. sulph.* and *Kali sulph.*

A lady who had her face and ears covered with scabs, oozing and coming away in large flakes, so that she was quite disfigured and unable to earn her living for a time, as governess, was quite cured after a few months' course of above treatment, and thus enabled to resume her duties again.

LOSS OF SIGHT IN A CASE OF CHOROIDO-RETINITIS. Cured by *Kali mur.*, *Natrum phos.*, *Calc. phos.* and *Kali phos.*

A boy, aged 14, had kidney trouble, which caused great congestion of the choroidal and retinal vessels of the orbits with effusion of blood, resulting in the loss of sight of one eye, an eminent oculist predicting that he would soon be blind in the other also. He was brought to me, to see what my treatment could do, but I only promised to try and save the sight of the better eye. However, after a two months' course of the Biochemic remedies above mentioned, his sight was so remarkably improved that he was taken to the oculist again to see what he would say. He was simply astounded; and said he had never seen such a wonderful case of "spontaneous resolution" in all his 40 years' medical career, but when informed that it was due to a course of internal treatment, called "The Biochemic," he literally "stamped round the room like a caged lion" (to use the mother's expression) and scoffed at the very idea that medicines (unknown to him) could have effected this most unquestionable cure! It almost makes one smile to contemplate the excessive small-mindedness of this otherwise eminent man, and reminds one of the following piece of poetry:—

- " My name is Blowit,
- And whatever is knowledge I know it :
- I'm Master of New College ;
- And whatever I don't know, isn't knowledge."

DIABETES MELLITUS. Very bad case

Although I have had very many of these cases during the last years of my acquaintance with the Biochemic system, yet I have not had a case so far, however bad, that I could not cure within six months by these tissue-salts. One of the worst was that of a City merchant, whose mother had died from it. He always dreaded the idea of it, and after some serious financial losses he took to drink, which brought on the disease in a very severe form (sp. gr. 1045) so that a German specialist in Berlin pronounced his case hopeless, as (though a huge massive man over six feet in height) he was reduced to a mere "bag of bones!" I gave him chiefly *Natrum sulph.* and *Natrum phos.* and in five weeks every trace of sugar had vanished from the urine and he had not (when I last heard of him two years after) had any return of it.

CHRONIC KIDNEY DISEASE, WITH ALBUMINURIA

A hotel proprietor consulted me for his kidney trouble which had prevented him from insuring his life, the Medical Examiner of the company refusing him because his urine showed a large percentage of albumen. I thereupon gave him a course of Biochemic treatment for about six months, and then finding on analysis that albumen was no longer present in the urine, advised him to try again, which he did, and the Medical Examiner, finding such improvement, said he was to come up again in three months to verify the result, and when he then presented himself, passed him, and he obtained his policy. When I last heard from him the urine was still free from albumen, although he had just sustained a bad chill.

RINGWORM OF HEAD, FACE AND HANDS

A tradesman, his wife, and five children had very severe ringworm of head and other parts, the children having caught

it at school, and the parents from them. The former had it on head and face, while the latter got it on their hands from touching them. I took them all in hand at once, simply giving the whole family *Kali sulph.* 12x and *Natrum sulph.* 12x (internally), three times a day, in alternation with external applications of sulphur soap morning and evening, this by itself, without the internal treatment, being very dangerous, as it simply drives the disease inwards on some vital organ, the cause of so many chronic internal diseases and sudden fatalities. In a month's time they were all cured.

ULCERATED PILES, WITH PROCTITIS OR NEURALGIA OF THE RECTUM, ALSO BRONCHIAL ASTHMA AND GENERAL DEBILITY

The head of the largest Galvanized Iron Works in the Kingdom, consulted me in 1894 for the above ailments, which so undermined his health that he could scarcely take enough nourishment, many articles of diet causing intense acid dyspepsia. Also, during the winter, he was subject to severe attacks of bronchial asthma. All these ills gradually, one after another, disappeared through a course of Biochemic treatment, so that at 70 years of age he was able to eat and drink anything, and no longer suffered from his old winter troubles. He is now over 80, and though naturally rather feeble, he is wonderful for his age.

CANCER OF RECTUM. Cured by *Arsenicum* 30. (One of the recently adopted Biochemic tissue-salts.)

Two years ago, a night-watchman of a large factory, was incapacitated from his work through what seemed to be violent dysenteric pains, which went on increasing till, after nine months' suffering and agony, his wife came and begged me to go and see him, she having been, formerly, in my service.

While questioning him, he had to go out about every ten minutes to relieve himself. On examination, I at once detected unmistakable signs of cancer, the effluvia of which alone, when once experienced, is never forgotten. After trying *Kali phos.* and *sulph.* and *Mag. phos.* for a month, and recognizing the fact that I must go further afield for relief, never dreaming that I could do more than that, I sent him *Arsenicum* 30, with the result that by the third dose, he was relieved of the terrible pains, and by the time he had finished what I sent, he was quite cured, and remains so to this day.

INFLUENZA, WITH ACUTE BRONCHO-PNEUMONIA

In 1902, the late Marquess of —— (an aged Irish peer) was seized with an attack of influenza, and I was called to attend him. I found him in great distress as to his breathing, with high temperature and rapid pulse. On examination, I found he had acute broncho-pneumonia. After seeing him three times a day for several days, twice daily for a fortnight, and then once a day till convalescent, I managed, by a course of various Biochemic tissue-salts (chiefly *Ferrum phos.*, *Kali mur.*, *Kali phos.* and *Kali sulph.*) to pull him round completely, so that he got quite strong and well, considering his age (79). A few months after, he married, for the third time, and got a son-and-heir at the age of 80! Two years after, he had a similar (influenza) attack while staying at the sea-side, and as I was then unable to attend him, a local doctor was called in, but the patient eventually succumbed.

SENILE TUBERCULOSIS

This was the case of an elderly man who had much diseased bone due to "senile tuberculosis". I treated him chiefly with *Calc. fluor.*, *Calc. phos.*, *Mag. phos.*, and *Silicea*, and about four months after he happened to see Professor H. M. ——, Consulting Surgeon to —— Hospital, London, and Professor of Surgery at Cambridge University (who had seen

him before he came to me) and was magnanimous enough to write me as follows: "Two or three days ago I saw Mr. B——. I write, as you may wish to know what I said about his case. 'A remarkable circumstance of the case, seemed to me to be the unusual amount of repair which has taken place. In my experience, tuberculosis in people over 50 is generally very destructive, so that progress from bad to worse generally goes on. In Mr. B—— a great deal of repair has occurred, sinuses have closed, and one large wound (in the neck) has healed. I feel, therefore, much more hopeful about his case than is generally possible. There is no active surgery to be thought of.'" I continued treating him for a few months longer, and then discharged him as cured.

INSOMNIA

While attending the late Mrs. J—— B—— (one of the greatest of the great mid-Victorian women, whom I had the honour of helping through several very serious illnesses during the last twelve years of her long and arduous life), I was asked by her to prescribe for a stenographer she knew, who suffered very much from sleeplessness, which she herself had often been relieved of, through "tissue-salts" which I had prescribed, and which she thus testified to, in one of her ever beautiful letters to me: "Could you sometime send me a little box of No. X and one of No. VI. I find them the two most useful medicines for occasional acidity and for sleepless nights and sad thoughts." I therefore prescribed for the man, *Ferrum phos.* 30 (as the insomnia seemed to be of congestive origin) and some weeks after, Mrs. B—— received the following reply from him: "I may say that your kind interest has procured for me the first solid sleep of six hours that I have had for three months, and I am selfishly grudging myself the use of the remedy lest I should have a relapse."

Many other such reports come to me from time to time,

some from far-distant lands, including South Africa—the land of my birth.

SEA SICKNESS

By means of *Natrum phos.* 3x and *Kali phos.* 3x chiefly, I have been able either greatly to mitigate, or entirely relieve, many sufferers from mal-de-mer. The last of such was a very sea sick young lady, who had to cross and re-cross “the Channel”, which so many think the worst portion of the voyage to any part of the world. I gave her the above-mentioned remedies, and she was quite delighted with the result, scarcely feeling any sickness at all.

EPILEPTIC FITS

I was asked by a patient of mine (at Kidderminster) to treat a niece of hers, in the country, who suffered from severe epileptic fits, which nothing had ever relieved. On getting full details of her symptoms, I prescribed chiefly *Kali mur.*, *Kali phos.*, and *Kali sulph.* In seven months she was completely cured, and I got from her one of the most grateful letters I have ever received from anyone.

INCIPIENT BRAIN-SOFTENING. *Kali phos.* 3x and *Baryta carb.* 6x

An Oxford University graduate consulted me, in 1903, about symptoms which pointed to softening of the brain, he being unable to continue his studies as a civil engineer, owing to loss of concentrative power and blankness of memory. I had him under treatment for about six months when he wrote me as follows: “I am a great deal better, in fact the improvement has been more rapid during the last month than I ever remember it before. I can now read with attention, and grasp what I read, and there is only a slight dullness now at the back of the head. I have not had a really

stupid day, with pain, for over a fortnight. I have real hopes now of getting my mental elasticity quite back again." This he did, by a few weeks of further treatment.

OBSTINATE NEURALGIA AND SICK HEADACHES

A lady who suffered from chronic "megrin" headaches and neuralgia, for which no treatment had hitherto been of any avail, was quite cured after I had treated her with various "tissue-salts" for about two or three months. Her nerves had been so wrecked by much suffering, that she could not bear anyone to touch, or even go near her at times.

WORMS

As a matter of interest you might like to note I have repeatedly found that if the children get restless at night or grind their teeth, or wake and say they are hungry, I give three pilules of *Natrum mur.* 6, and they get quiet very soon. The same with cantankerosity. "M—— is splendidly well at present, but about Christmas he was troubled with worms, but your prescription put him right again."

GALLSTONE COLIC. Cured by *Natrum phos.* 3x and *Mag. phos.* 3x

A young married lady suffered terrible agonies with gallstone attacks which the family doctor could do nothing for. After I put her through a short course of Biochemic treatment, of about two months, her husband wrote me "You will no doubt be pleased to hear that Mrs. —— has had no return of the gallstone attacks and seems to be in splendid health."

OBSTINATE CHRONIC CONSTIPATION. Cured by *Natrum phos.* 3x and *Silicea* 6x

"I went through the course you prescribed for constipation last February and am practically cured, which after more

than 20 years of daily purgatives is indeed a most marvellous relief for which I am most grateful." (From an elderly lady.)

SEVERE CASE OF INFLUENZA (Grippe). Cured by *Natrum sulph.* 3x and *Kali phos.* 3x

The father of a schoolboy, visited only once, wrote me :
" Am very pleased to tell you that my son has quite recovered from his illness. His temperature dropped from 102.4 to 99 at 11.30 the same night with great improvement generally, which we think is wonderful, many thanks to you."

CASE OF SEVERE NEURITIS. Cured by *Mag. phos.* 3x and *Ferrum phos.* 6x

A patient wrote : " I thought you would be pleased to know I am quite well again after only four days of your wonderful treatment. I was really well on Thursday, but waited to see if it could be true. It has just proved my dear aunt's words that you are marvellous in your cures, and I shall most certainly recommend all my friends to you and shall not suffer a fortnight's agony before I write to you next time."



CLINICAL CASES

THE following are a very few examples of the writer's cures by means of the Biochemic Tissue Salts :

Loss of sight from choroido-retinitis. Patient who had effusion of blood into retina, causing loss of sight of one eye entirely, with threatening of the other, from kidney disease, had his sight completely restored in two months' time though told by eminent oculist he would be blind for life.

Diabetes in a City merchant, whose mother had died from same, was reduced to a mere " bag of bones " through business worries, etc. Urine sp. gr. 1045. Every trace of sugar was removed in five weeks' time, and I heard, two years after, the cure was maintained.

Also a lady wrote : " You will remember my name, perhaps, when I remind you that about three years ago you treated me very successfully for Glycosuria. The reason I am writing is there is a young man staying in this hotel, who is suffering from the complaint of which you cured me."

Chronic constipation : " I went through the course you prescribed for constipation last February and am practically cured, which, after more than twenty years of daily purgatives, is indeed a marvellous relief, for which I am most grateful." (From an elderly lady.)

Severe case of influenza in a schoolboy. " Am very pleased to tell you that my son has quite recovered from his illness. His temperature dropped from 102.4° to 99° at 11.30 the same night with great improvement generally, which we think is wonderful. Many thanks to you."

Agonizing gall-stone colic in a young married woman whose family doctor could do nothing for her relief. " You will no doubt be pleased to hear that Mrs. ——— has had no

return of the gall-stone attacks and seems to be in splendid health." (From the husband.)

Severe neuritis in a patient who wrote me: "I thought you would be pleased to know I am quite well again after only four days of your wonderful treatment. I was really well on Thursday, but waited to see if it could be true. It has just proved my dear aunt's words that you are marvellous in your cures. . . ."

Epileptic fits. A patient who suffered from these for years, cured in seven months, and had no return of them since, many years ago. Also two children recently, after about a year's treatment now quite cured.

Rheumatic lameness due to sprained ankle. "I have now finished the ointment you gave me. It has done such wonders for my foot. I hardly know myself without the continual burnings and shooting."

Insomnia in an elderly stenographer, who wrote: "I may say that your kind interest has procured for me the first solid sleep of six hours that I have had for three months. . . ."

Fissure and fistula-in-ano, so agonizing as to confine patient to bed and dread any action of bowels, completely cured in about three months and thereafter became as she expressed it, "a new being".

Lupus of face cured in a police officer who was treated in a London Hospital with X-rays, radium, etc., for five years, till it spread all over one side of face, the pain excruciating. Was told by police doctor would never be fit for duty again. After 12 months' treatment he wrote me: "Here I am tonight in charge of nine men and I do not suppose any of them feel as fresh and fit as I do. All my comrades around look and wonder, but I tell them you are the wonder worker."

Enlarged tonsils and adenoids. By means of Biochemic Salts I have never yet failed to cure these troubles radically, so that I have not kept a record of any special cases of late

years. There is no need whatever for excising them. Only internal treatment with the requisite tissue-salts will go to the root of their tendency to enlarge. The same with polypi in the nose. Tonsils are Nature's safety-valves. Excising is courting disaster, each attack of quinsy ensuring a new lease of life.

Valvular disease of the heart in a young City man who nearly lost his position in a large insurance office. Was given a year to rest and recuperate. Came to me when he had only three months' left and got so much better that his leave was extended three months longer, by which time he was passed as cured and re-instated.

Also a soldier who was in the "retreat from Mons", developed valvular heart disease, and was invalided home as unfit for duty, when I took him in hand and after three months' treatment the Military Board extended his leave and the next time he reported himself he was discharged as cured and sent to the front, where he finished up. Some time after he wrote: "I am writing these few lines to let you know I am going on all right and still in good health, for which I have to thank you."

Chronic rheumatism and eczema in an American lady living in Paris who wrote: "I am glad to tell you that your remedies have had a beneficial effect upon my rheumatism which does not trouble me at all now. The feeling in the knees that the sudden pain might come on at any time has disappeared."

Malaria case from India. Patient wrote (after one course of treatment only): "I am feeling much better and have had no recurrence of malaria since I saw you." He has kept well since.

Strabismus or squint (internal) in both eyes so bad as to register 10 degrees of esophoria for each eye. In four months

the squint was reduced to only half-a-degree in for each eye, or practically normal vision.

Chronic kidney disease with albuminurja in a hotel proprietor who was refused life insurance, cured in six months and passed as fit to be insured by the same company.

Exophthalmic goitre (Graves's disease) in a Cape wool merchant who, after consulting the best specialists in England and on the continent, returned home worse than ever. Meeting an old patient of mine out there whom I had cured of abscess of antrum (in upper jaw), was persuaded to return to England and put himself under my treatment. In six months' time he returned to South Africa cured.

Acute melancholia from shock and worry after Great War in a V.C. officer. Cured entirely by means of *Kali phos.* and rejoined his regiment.

Epileptic fits in two cases of ex-Service men from war shocks, both having lost their situations in business. In a few months cured and re-instated.

Sea sickness in many cases of persons who were bad sailors suffering with "mal-de-mer", but by this treatment enabled to get through voyages quite satisfactorily, even in rough weather and in English Channel.

Hemiplegia (paralysis of one side of body) due to a clot in brain, which dissolved and in one month patient from being bed-ridden was enabled to walk out of doors. Also a retired Admiral who had a stroke of apoplexy in same way was able in one month to walk ten miles a day and lived many years after.

Hard tumour in breast entirely dispersed in three months in middle-aged lady.

Bronchial asthma in a young mine engine worker, who had to give up his duties below ground in consequence. Cured

and got married eventually. Treated entirely by correspondence, and his wife also cured of her bad attacks of indigestion.

Boy, aged four (given up by local doctor), with acute pneumonia supervening upon tubercular meningitis, cured after five weeks' treatment.

HOW TO TREAT COLDS AND OTHER EMERGENCY CASES

(BRUISES, CUTS, SPRAINS, ETC.)

“ When Mary’s nose is red and raw,
And coughing drowns the parson’s saw,
What think you is the cause
Of all this sneezing, barking, wheezing ?
What breach of Nature’s laws ?
Why simply this, that little Miss
Mary keeps her room,
Boxed up tight from air and light,
Morning, night and noon.”

(Adapted from Shakespeare’s *Love’s Labour’s Lost*.)

THEREFORE, as prevention is better than cure, chronic colds may be avoided as a rule by the open window in bed and sitting rooms as long as there is no draught on the person—two or three inches open in cold weather and as many feet in hot weather, night and day. Acute colds caught through chills can be checked very soon, if taken at the start, by taking five or six drops of strong tincture of camphor on a lump of sugar, or in a little hot water. If this does not suffice (after taking a second dose in half-an-hour) to produce a warm glow, and the skin moist after wrapping up well, take three tablets of *Ferrum phos.* 3x with a sip of hot water alternating every half-hour with *Kali sulph.* 3x in same way till skin is perceptibly moist and the cold overcome. Chronic catarrhs are Nature’s vents and due to foul air and incorrect diet, poisoning the blood.

For a sneezing cold or hay fever proceed in the same way with *Natrum mur.* 6x and *Kali phos.* 3x.

For epidemic influenza give *Ferrum phos.* 12x and *Natrum sulph.* 3x in alternation every half-hour in water (nine pilules to half tumbler), and when better, *Kali phos.* 3x in place of *Ferrum phos.* if fever subsided.

Hæmorrhage from a cut or abrasion can be immediately arrested by applying as soon as possible some of the pure powder of blue Phosphate of Iron (*Ferrum phos.*) on a plug of cotton wool or piece of lint (unmedicated) to part injured and bandage tightly.

For bruises or jams, when the pain is agonizing, apply lotion of *Kali mur.* 3x five tablets or pilules dissolved in half a saucer of water, on lint saturated therewith, cover with gutta-percha tissue or greased paper and bandage up. At same time take internally *Ferrum phos.* 6x, three tablets every half-hour or till pain and tenderness relieved.

For sprains and strains take in alternation every two hours daily, *Ferrum phos.* 6x and *Calc. fluor.* 6x (three pilules each) and apply externally as a lotion on lint, *Ferrum phos.* 6x six pilules dissolved in half-saucer of water.

In injuries to the head, besides applying *Ferrum phos.* 6x on lint compress (prepared as in sprains, etc.) give internally three pilules of *Natrum sulph.* 6x every two hours, or else dissolve nine pilules in half a tumbler of water and give two teaspoonfuls every hour in alternation with *Kali phos.* 6x prepared in same way, i.e. each remedy itself alternated every two hours.

In sun-stroke or heat-stroke, after loosening everything round the neck, apply a cold water compress to forehead (never to back of head or neck as that might cause a fit) and also give internally teaspoonful doses every quarter-hour, or if patient too insensible to swallow, moisten the lips continually with a solution of *Natrum mur.* 6x, nine pilules or tablets dissolved in half a tumbler of water.

If a child has convulsions hold feet in hot water and force into his or her mouth a little powdered *Mag. phos.* 3x (two tablets or pilules, crushed up) and repeat every quarter-hour till relieved—if not relieved sufficiently in an hour give *Calc. phos.* 6x in same way.

In whooping cough give *Mag. phos.* 3x and *Kali mur.* 3x in alternation every two hours—nine pilules each in separate tumblers half full of water in teaspoonful doses.

In stings of insects or snake bites bathe the parts with a solution of *Natrum mur.* 6x (prepared as for sun-stroke) and give doses also internally of *Natrum mur.* 12x, three pilules or tablets every half-hour.

NOTE.—Whenever a course of these remedies is taken always avoid coffee in any form as it is anti-dotal to most medicines. Also avoid smoking while under treatment as much as possibly can be helped, as that fouls the tongue with nicotine, which mixes with each dose taken, and thus does not give the remedies fair play, nor is it fair to either the physician or patient himself or herself. The same as regards scents, especially strong ones, which cling to their persons continually and complicate their symptoms. Worst of all are chewing gums and peppermints while under treatment. Also purgatives, etc., of every kind are most pernicious, and wash out of the system any salts for which this treatment may be given to attract their like from the daily food besides being no real cure for constipation which can be cured through Biochemic treatment, aided by dieting, etc.

I would here give a summary of the various minerals and salts as contained in the various foods, together with a brief report on the necessity and function of each mineral or salt. A list of the various foods is also given and it should be noted that some foods contain a preponderance of one mineral or salt over others, but all foods contain more than one mineral or salt.

CHEMICAL CONTENTS OF FOODS

MAGNESIUM (Mag.)

Magnesium is the great vitalizer of muscular and lung tissues, and the bones ; a nourisher of brain and nerve tissues. Working with other elements like Phosphorus, Calcium, etc., it gives hardness to the bones, teeth, and skull, elasticity to the muscles, and ease to the nerves and brain. Magnesium promotes sleep at night and normal activity during the day. It soothes pain and prevents fever. It relieves jaundice and auto-intoxication. It balances other minerals and tends to make the body alkaline. Magnesium reduces pain.

Lack of Magnesium causes the tissues to be inflamed, drying them up, especially the brain. Deficiency of Magnesium may produce constipation, headache, and insanity. Acid people need Magnesium.

The body contains about 3 ounces of Magnesium and is found in the following foods :

Almonds.	BRAZIL NUTS.
APPLES.	BRUSSELS SPROUTS.
ASPARAGUS.	Buttermilk.
AVOCADO.	CABBAGE.
BANANAS.	CARAWAY SEED.
Barley.	CARROTS.
BEANS, FRESH STRING.	CAULIFLOWER.
BEANS, GREEN LIMAS.	CELERY.
BEECH NUTS.	CHERRIES
BEEF LEAVES.	CHIVES.
BEETS.	Chocolate.
BLACKBERRIES.	CUCUMBERS

DANDELION.	ORANGES.
Figs, Black.	OYSTERS.
FILBERTS.	PARSLEY.
Fish, Sea.	PARSNIPS.
PECANS.	PEANUTS.
PEPPER, GREEN.	PEAS, GREEN.
PINEAPPLE.	Raisins.
PINIONS.	RUTABAGAS.
POTATOES.	Rye, Whole.
Pumpernickel.	Salmon, Fresh.
PUMPKINS.	SPINACH.
RADISH.	SWEET CORN, FRESH.
KOHL RABI.	TOMATOES.
LEMONS.	TURNIPS.
LETTUCE.	WALNUTS.
Milk, Goat's.	WATERCRESS.
Mushrooms.	WATER MELONS.
Oats.	Wheat, Whole.
ONIONS.	

Magnesium gives firmness to the bones.

CALCIUM

Lack of Calcium means rickets, anæmia, defective bones and teeth. Carbon takes Calcium from the teeth, causing them to decay. Sodium keeps Calcium in solution, thereby preventing the bones from becoming too brittle or too hard, and the joints from being encumbered with Calcium deposits. After maturity we do not need so much Calcium, or we should eat plenty of Sodium with it.

Four pounds of the body are Calcium, and the following foods contain Calcium :

ASPARAGUS.	KOHL RABI.
BEANS, FRESH STRING.	LEMONS.
BEECH NUTS.	LETTUCE.
BEETS.	Milk, Goats'.
BLACKBERRIES.	Milk, Raw.
BRAZIL NUTS.	Molasses.
Buttermilk.	ONIONS.
CABBAGE.	ORANGES.
CARAWAY SEED.	PARSNIPS.
CARROTS.	PEACHES.
CAULIFLOWER.	Pike.
CELERY.	Prunes.
Cheese.	PUMPKINS.
Cheese, Cottage.	RADISH.
CHIVES.	RHUBARB.
CRANBERRIES.	RUTABAGAS.
CUCUMBERS.	SPINACH.
DANDELION.	STRAWBERRIES.
Eggs.	TOMATOES.
FILBERTS.	TURNIPS.
HORSERADISH.	WATERCRESS.
KALE.	WATER MELONS.

Calcium forms the bones and teeth. It gives strength to the walls of the blood vessels and is necessary for a strong pulse. Calcium is needed for a strong, healthy body. Endurance, good memory, executive ability and long life come from having plenty of calcium in the blood and body. Calcium helps Iron in making the blood red. Calcium and Magnesium also work together.

POTASSIUM (Kali.)

Potassium is the builder and healer of the body. It supplies material for the muscles, making them pliant and elastic. It is not only a muscle builder, but also a healing agent. Potassium attracts oxygen, giving life and energy

to the mind and body. It often prevents infection and reduces pain. Potassium gives enthusiasm to the brain and body. "Without Potassium there is no life" is an old saying. Vegetables contain large quantities of Potassium. Potassium should be balanced by Sodium.

Lack of Potassium leads to muscular weakness, inability to recuperate, and opens the way for infectious diseases.

Four ounces of Potassium are found in the body, and the following foods contain Potassium :

APPLES.	LEMONS.
APRICOTS.	LETTUCE.
BEANS, GREEN LIMA.	LIMES.
BEANS, STRING.	Olives, Dried.
BEETS.	ONIONS.
BLACKBERRIES.	ORANGES.
BRUSSELS SPROUTS.	PARSNIPS.
CABBAGE.	PEACHES.
CARROTS.	PEARS.
CAULIFLOWER.	PINEAPPLE.
CELERY.	PLUMS.
CHERRIES.	POMEGRANATES.
CHESTNUTS.	POTATOES.
COCONUTS.	Prunes.
CUCUMBERS.	RADISH.
CURRENTS.	Raisins.
CURRENTS, WHITE.	RASPBERRIES.
DANDELION.	RHUBARB.
Egg Plant. °	RUTABAGAS.
Figs.	SPINACH.
GRAPE FRUIT.	STRAWBERRIES.
GRAPES.	TOMATOES. °
HORSERADISH.	TURNIPS.
HUCKLEBERRIES.	WATERCRESS.
KALE.	WATER MELONS.

IRON (Ferrum)

Iron gives warmth and magnetism to the body. It makes the blood red and the brain active. United with Oxygen, Iron gives man hope, happiness and success. Iron causes Hydrog en to be taken into the system through the lungs and thus breaks up fevers.

Lack of Iron produces pale people. Insufficient Iron in the blood is the cause of cold hands and feet. People who lack Iron are irritable, lack self-control and poise.

Excess of Iron sometimes produces h emorrhages and bleeding from the nose.

Only 4 ounces of Iron are in the body, but it is Iron that gives the body its vitality, and the mind its endurance.

Iron strengthens the will, produces fearlessness, and makes it possible for us to see things through. Iron is found in all red fruits and vegetables. The following foods contain Iron :

APPLES.	DANDELION.
ASPARAGUS.	Eggs.
AVOCADO.	Figs.
Barley.	FILBERTS.
BEECH NUTS.	GOOSEBERRIES.
BEETS.	GRAPE FRUIT.
BRAZIL NUTS.	GRAPES.
BRUSSELS SPROUTS.	HORSERADISH.
Buttermilk.	KOHL RABI.
CABBAGE.	LEEK.
CARAWAY SEED.	LETTUCE.
CARROTS.	Lentils.
CAULIFLOWER.	Milk, Goats'.
CELERY.	Mushrooms.
CHEERRIES.	Oats.
CHIVES.	ONIONS.
COCONUTS.	ORANGES.
CUOUMBERS.	PEACHES.

PEARS.	RUTABAGAS.
PINEAPPLE.	Salmon.
PINIONS.	Salmon, Fresh.
PLUMS.	SORREL.
POTATOES.	SPINACH.
Prunes.	STRAWBERRIES.
Pumpernickel.	TOMATOES.
PUMPKINS.	TURNIPS.
RADISH, RED.	WALNUTS.
Raisins.	WATER MELONS.
RHUBARB.	Wheat.

SILICON (Silicea)

Silicon is the great hair grower and disease fighter. Its antiseptic qualities protect the body from ulcers, and prevent

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tumours, cancer and tuberculosis. Silicon gives lustre to the hair and polish to the skin, nails and teeth. Silicon makes the eyes bright. Silicon breeds optimism, joy, hope, courage, and happiness. It is Silicon which makes it possible for wheat to hold its head up and stand against adverse winds. Silicon does the same thing for people.

Lack of Silicon means loss of hair and poor teeth and eyesight. It is often the lack of Silicon which makes us depressed and open to infection. Expectant mothers should eat plenty of Silicon and Calcium foods.

Only an ounce and a half of Silicon is found in the body, but it is a powerful and necessary element.

We can obtain Silicon from the following foods :

APRICOTS.	CHERRIES.
ASPARAGUS.	CUCUMBER.
Barley.	DANDELION.
BEETS.	Figs, Black.
CELERY.	HORSERADISH.

LETTUCE.

Oats.

ONIONS.

PARSLEY.

PARSNIPS.

PUMPKINS.

RADISH.

SPINACH.

STRAWBERRIES.

WATER MELONS.

Wheat, Whole Grain.

CHLORINE (Mur.)

Chlorine is called the laundryman of the body because of its cleansing properties, especially of the intestinal tract. It is also a powerful reducing agent. It is therefore a purifier and fat reducer, thus stimulating the activity of the cells of the body. Chlorine is a very important element in the elimination, as it expels waste matter from the body. Chlorine breaks down albumen and aids digestion.

Lack of Chlorine is likely to produce catarrh, bloated abdomen and albuminuria. A deficiency of Chlorine is depressing, makes one nervous, and often gives the face a greenish pallor.

Chlorine is good for Bright's disease, aching joints, and auto-intoxication. It often prevents pyorrhoea. Chlorine foods are an aid in supplying hydrochloric acid to the stomach. Chlorine overcomes constipation.

On the other hand, too much Chlorine produces the mental effect of fear, cowardice, and suspicion.

From 8 to 16 ounces of Chlorine are found in the body.

Chlorine is prominent in the following foods :

BEANS, FRESH STRING.

BEETS.

Butter.

CABBAGE.

CELERY.

Cheese.

CUCUMBERS.

DANDELION.

HORSERADISH.

LETTUCE.

Milk, Goats'.

Oleomargarine.

Oysters.

PARSNIPS.

POTATOES, SWEET.
 RADISHES.
 RHUBARB.
 Salmon.

SPINACH.
 TOMATOES.
 TURNIPS.
 WATERCRESS.

FLUORINE (Fluor.)

Fluorine is called the youth preserver, and is the body's police officer, protecting the bones and spinal cord from infection and the teeth from decay. Fluorine forms the enamel of the teeth and nails, and cements the bones and skull. Fluorine seems to keep the glandular system well balanced. It also strengthens the eyesight. Fluorine gives genius to the mind. It is the mother of inspiration.

Lack of Fluorine tends to produce ulcers in the body. Its deficiency is the cause of anæmia, necrosis, decomposition and short life.

Fluorine is needed in tuberculosis, syphilis, erysipelas varicose veins, bladder and kidney stones, paralysis and hardening of the glands. It is especially effective for crumbling teeth and prolapsus.

Too much Fluorine makes one gloomy, foreboding, eccentric, and psychic.

Three to four ounces of Fluorine are found in the body, and can be supplied from the following foods :

Bass, Black.

GARLIC.

BEETS.

Mackerel.

BRUSSELS SPROUTS.

Milk, Goats'.

CABBAGE.

Oats, Steel cut.

CAULIFLOWER.

SPINACH.

Cheese, Goats'.

WATERCRESS.

PHOSPHORUS (Phos.)

Phosphorus is the great brain and nerve food. It also gives sex power. Every time we think we consume phos-

phorus. Phosphorus is necessary to other elements for the creation of bone, brain and red blood. Phosphorus gives us the power to put things over.

Lack of Phosphorus produces mental weakness, anæmia, rickets, excitability, or stupidity.

Too much Phosphorus may produce nervous irritability, and lead to abnormal and cancerous growths unless balanced by Sulphur.

Phosphorus is very volative and food that is cooked loses its Phosphorus.

The body contains about two pounds of Phosphorus, and Phosphorus may be found in the following foods :

Almonds.	GOOSEBERRIES.
APPLES.	GRAPES.
ASPARAGUS.	HORSERADISH.
AVOCADO.	HUCKLEBERRIES.
Barley.	KALE.
Beans, Kidney.	LEMONS.
BEETS.	Lentils.
BLACKBERRIES.	LETTUCE.
BRAZIL NUTS.	LIMES.
BRUSSELS SPROUTS.	Meat.
Buttermilk.	Milk.
CABBAGE.	Milk, Goats'.
CARAWAY SEED.	Milk, Raw.
CAULIFLOWER.	Mushrooms.
CELERY.	Oats.
Cheese.	ORANGES.
CHERRIES.	PEACHES.
CUCUMBERS.	PEARS.
DANDELION.	PEAS, GREEN.
Eggs.	Pike.
Figs.	PINIONS.
Fish, Sea.	PLUMS.

Prunes.	SORREL.
PUMPKINS.	SPINACH. , ,
RADISH, LARGE.	SPROUTS.
RADISH, SEED.	STRAWBERRIES.
Raisins.	TOMATOES.
RASPBERRIES, RED.	TURNIPS.
RHUBARB.	WALNUTS.
RUTABAGAS.	WATERCRESS.
Rye.	WATER MELONS.
Salmon.	Wheat.

SULPHUR (Sulph.)

Sulphur is the great "toner" of the body, promoting the secretion of the bile and creating internal heat and energy. Sulphur beautifies and clears the skin, and stimulates the growth of the hair. Sulphur has insulating power, protecting the body from infection and loss of magnetism. Sulphur, through its eliminative qualities, keeps the body in good tone. A good supply of Sulphur prevents the formation of tumours and other cancerous growths.

Lack of Sulphur causes obesity, asthma, rheumatism and toxic conditions. Sulphur balances Phosphorus, and prevents abnormal mental excitements. Cooked sulphur creates gas and causes biliousness.

There are from 4 to 8 ounces of Sulphur in the body, and Sulphur can be found in the following foods :

ASPARAGUS.	CARROTS.
AVOCADO.	CAULIFLOWER.
BEANS, FRESH STRING.	CELERY.
Beef.	Cheese.
BEETS.	Chicken.
BRAZIL NUTS.	CHIVES.
BRUSSELS SPROUTS.	CRANBERRIES.
Butter.	CUCUMBERS.
CABBAGE.	Egg Plant.

FILBERTS.	RADISHES.
Fish, Sea.	RASPBERRIES, RED.
HORSERADISH.	RED CURRANTS.
KALE.	RUTABAGAS.
LETTUCE.	Salmon.
Oysters.	SPINACH.
PARSNIPS.	TOMATOES.
PEACHES.	TURNIPS.
PEAS, GREEN.	WATERCRESS.
PINEAPPLE.	

SODIUM (Natrium)

Sodium is the great dissolver of the body, keeping Calcium in solution, and nourishing the ligaments and tendons, as well as alkalinizing the blood. Sodium gives grace and elasticity to the joints, strength and speed to the muscles, and keeps the bones and teeth from becoming brittle. The presence of Sodium helps the body to take up Iron. Sodium prevents hardening of the arteries. It prevents the formation of kidney and gall stones. It gives relief in diphtheria, diabetes, and constipation. Sodium removes carbonic acid from the blood, and those who exercise a great deal should eat plenty of Sodium foods.

The following foods contain Sodium :

APPLES.	Buttermilk.
ASPARAGUS.	CABBAGE.
AVOCADO.	CARROTS.
Bananas.	CELERY.
Beans, Green Limas.	Cheese.
BEETS.	Chicken.
Butter.	CUCUMBERS.

DANDELION.	RADISH.
Eggs.	RHUBARB. • •
Figs, Black.	RUTABAGAS.
Lentils.	SPINACH. •
LETTUCE.	STRAWBERRIES. •
Oysters.	TOMATOES.
Pike.	TURNIPS.
POMEGRANATES.	WATERCRESS.
PUMPKINS.	

IODINE

Iodine stimulates the action of the glands, especially the thyroid gland, and increases the activity of the brain and nerves. It also adds protective and balancing qualities to the brain and body. Iodine gives restfulness to the body and frees us from mental worries. It stimulates invention and intuition. Brain workers need Iodine. It is also needed by women prior to confinement and by children of adolescent age.

Lack of Iodine produces goitre, shattered nerves, throbbing throat, and excitability. Iodine is necessary for the perfect digestion, assimilation and combustion of foods. It promotes the growth of the body and the mental activity. It often aids the growth of the hair and helps those who have squinting eyes. Iodine is good for diabetic people. It seems to aid in the production of the heat in the body. Iodine makes people keen. Foods raised near the sea are more likely to have Iodine content.

While there is only about a fourth of an ounce of Iodine in the body, it is a very needful and important element in the human mechanism. It can be found in the following foods :

Agar Agar.	Mushrooms.
ASPARAGUS.	Oats.
BEANS, GREEN KIDNEY.	ONIONS.
Butter.	PEARS.
CABBAGE.	PEAS, GREEN.
CARROTS.	PINEAPPLE.
Clams.	POTATOES, SKIN OF.
GARLIC.	Rice, Whole.
GRAPES, GREEN.	Salmon.
LETTUCE, SEA.	Shrimp.
Lobster.	STRAWBERRIES.
LOGANBERRIES.	TOMATOES.
Milk, Raw.	WATERCRESS.
MOSS, IRISH.	

MANGANESE

Manganese is the great co-ordinator of the body, linking thought and action. It stimulates the secretion of the glands, thus vivifying cell life and making one magnetic. It is an important element for nerve and brain sheaths, and enables us to think logically and connectedly. It prevents confusion and incoherent speech. It gives elasticity to the bones and ligaments. Manganese is necessary for the orator, writer and salesman.

Lack of Manganese produces nervousness, neuritis and hysteria.

Manganese is a help in rheumatism and gout, and often aids the eye-sight.

Only half an ounce of Manganese is found in the body, and the following foods are our best sources of Manganese.

Almonds.	MINTS.
CRESS.	NASTURTIUM.
Eggs.	PARSLEY.
ENDIVE.	

COPPER

Little is known about Copper, but traces of Copper are found in the body. Copper is undoubtedly an electrifying agent, giving vivacity and alertness to the nerves and brain.

Copper is found in :

APRICOTS.	ORANGES.
BEANS, FRENCH.	PEARS.
CHERRIES.	PLUMS.
CUCUMBERS.	RICE.
LETTUCE.	RYE.
MILK.	SORRELL.
OATS.	WHEAT.

RADIUM

Minute quantities of Radium are said to exist in the human body. What foods contain Radium are unknown, but some think carrots carry it.

ALUMINA in fruits (various), grapes, milk, minerals, vegetables, etc., wines.

ARSENIC in almonds, apples, apricots, beans, beans (red French), cabbage, endives, lemons, lentils, nuts, oranges, peaches, pears, plums, rice, spinach, truffles, turnips, watercress, wheat.

BROMINE in grapes, wines.

CALCIUM in artichokes, asparagus, beans, beans (French), cabbage (headed), celery, chestnuts, cucumbers, endives, figs, grapes, lentils, lettuce, milk, oats, olives, onions, oranges, peas, plums, radish, rice, spinach, strawberries, watercress, wines.

CARBONATE OF SODA AND LIME in Brussels sprouts, cabbage, cauliflower, celery, lettuce, peas, purslane, radish, sorrel, spinach, watercress.

CHLORINE in apples, cabbage (green and red), coconuts, cucumbers, lettuces, milk (cows'), milk (goats'), radish, spinach.

COPPER in Beans (French), cherries, cucumbers, lettuce, milk, oats, oranges, pears, plums, rice, rye, sorrel, wheat.

FLUORINE in grapes, milk, peas, wheat, wines.

IODINE in almonds, apples, asparagus, beans (French), cabbage (Savoy), cheese, corn (Indian), grapes, milk, nuts, pears, pineapple, rice, seaweeds, strawberries, watercress, wheat, wines.

IRON in apples, artichokes, asparagus, cabbage (red), cherries, currants, hazel nuts, lettuce, onions, pears, plums (coloured, red), radish, rice, rye, spinach, strawberries, watercress, wheat, and all *green* plants.

LITHIUM in cereals, corn (Indian), grapes, oats, wheat, wines.

MAGNESIUM in almonds, apples, beans (French), cabbage (root of red), cereals, chestnuts, coconuts, cucumbers, endives, hazel nuts, lettuce, oranges, peas, pulses, Semolina, strawberries.

MANGANESE in apples, asparagus, cabbage, cereals, figs, garlic, grapes, lettuce, mushrooms, pears, plums, pulses, sorrel, strawberries, turnips, wines.

PHOSPHATE OF LIME in bones, cheese, grapes, milk, wines.

PHOSPHATE OF MAGNESIA in cereals, pulses.

PHOSPHATE OF SODA in apples, cabbage, grapes, lettuce, milk, spinach, wines.

PHOSPHORUS in almonds, apples, artichokes, beans (French), cabbage, cereals, cherries, chestnuts, coconuts, cucumbers, eggs (raw yolk of), endives, figs, grapes, Lecethin, lettuce, milk, millet seeds, oats, pears, peas, plums, pulses, rye, wheat, wines.

POTASSIUM in apples, cabbage (red), cereals, cherries, chestnuts, coconuts, cucumbers, grapes, lettuce, milk, nuts, olives, onions, pears, plums, pulse, radishes, wines.

SILICEA in apples, artichokes, cabbage, cauliflower, cereals, cherries, cucumbers, grapes, lettuce, milk, olives, onions, radish, spinach, strawberries, wines.

SODA in apples, artichokes, asparagus, cabbage (red), cheese, chestnuts, coconuts, cucumbers, currants, figs, grapes, milk, oranges, pears, peas, radishes, sorrel, spinach, strawberries, watercress, wines.

SULPHUR in apples, beans, beans (French), cabbage, cherries, chestnuts, coconuts, endives, garlic, grapes, lentils, lettuce, mushrooms, onions, peaches, pears, peas, spinach, turnips.

CHEMICAL BALANCES

Some elements are said to balance each other. The following balances have been suggested by chemists :

SODIUM	<i>balances</i>	CALCIUM.
MAGNESIUM	„	CALCIUM.
FLUORINE	„	CALCIUM.
IODINE	„	CALCIUM.
CALCIUM	„	NITROGEN.
SODIUM	„	POTASSIUM.
IODINE	„	CARBON.
MAGNESIUM	„	PHOSPHORUS.
SULPHUR	„	PHOSPHORUS.
MANGANESE	„	FLUORINE.
NITROGEN	„	OXYGEN.
CHLORINE	„	HYDROGEN.

The Alkaline and the Acid Producing Elements.

Some elements are said to produce an alkaline condition on the blood ; others produce an acid condition ; and some are said to be neutral.

Chemists suggest the following division :

Alkaline producing elements.

SODIUM.

IRON.

CALCIUM.

POTASSIUM.

MAGNESIUM.

FLUORINE.

OXYGEN.

IODINE.

Acid forming elements.

PHOSPHORUS.

SILICON.

SULPHUR.

CHLORINE.

CARBON.

NITROGEN.

HYDROGEN.

Neutral elements.

MANGANESE.

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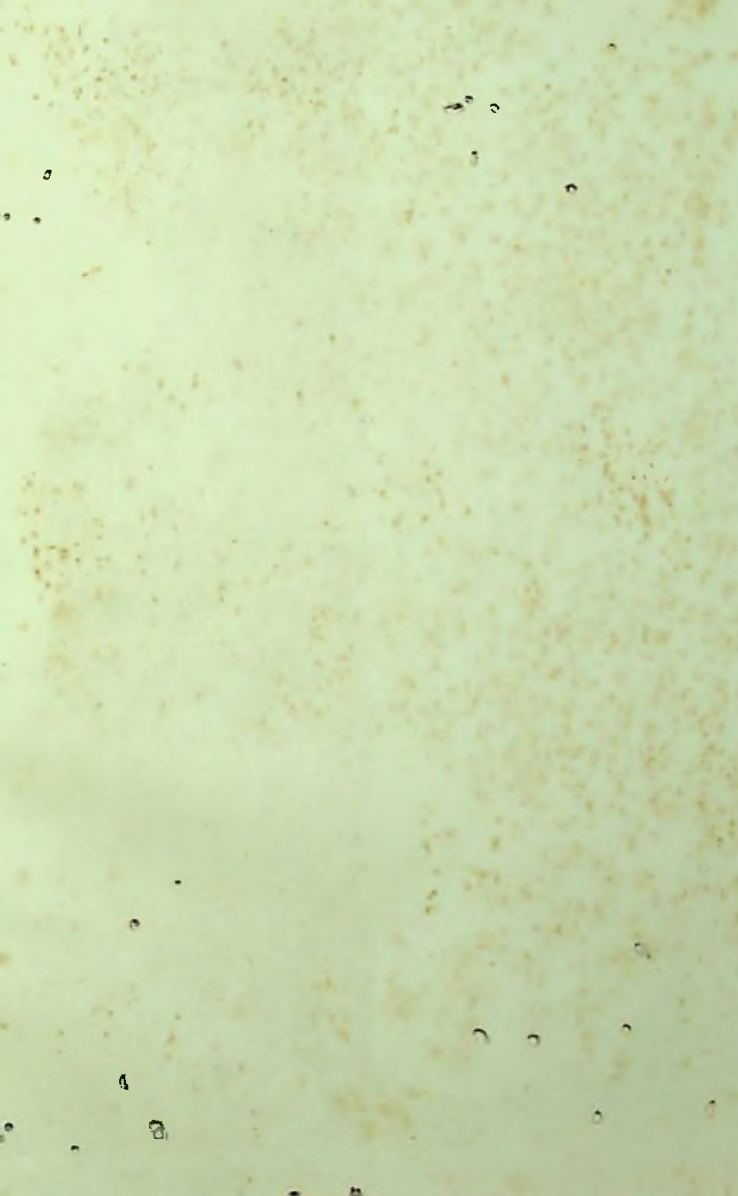
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