

some eminent obstetricians and I am happy that I can tell you that I always met with wonderful success and could bring in the mind of the parties concerned and also in the mind of those specialists immense respect for our science.

This is, what I say, should be our primary aim and duty. We must always try to impress on the public mind as to the highest healing power which our system of medicine possesses through our brilliant results which will then be more and more generally appreciated and the Government appreciation is bound to follow automatically.

To my mind this should be the line of our work and it will lead us to our goal more easily and bring real happiness in the mind of the departed soul, to do homage to whom we have met to-day.

HOMŒOPATHY & MODERN MEDICINE

BY W. THOMSON WALKER, M.B.E., M.A. (CANTAB.),

M.D., F.F. HOM.

(Continued from page 160.)

SENSITIVITY

Many examples could be given to show that the sensitivity of the patient is the thing which really matters. And a person who is ill is specially and specifically sensitive. Homœopaths try to make use of this by selecting with the greatest care the minimal dose which will provoke this specific, stimulative reaction. In practice this is usually what would be called an Infinitesimal Dose. Research workers are now very active in the field of infinitesimals. Visual proof of the effect of infinitesimal doses of metals in solution upon lower forms of life has been given in a fascinating way by E. Kolisko in his book "Agriculture of Tomorrow". He shows how Lime in a dilution of 1 in a

million parts gives the optimum stimulation to wheat germination. (This represents the 6x or 3c potency in Homœopathic terms). Again he shows that Silver Nitrate solution, when applied to Hyacinth growth, gives maximal stimulation in the 21st potency while at the 14th potency the plant produced no flowers. These examples are taken from dozens of similar experiments in all of which it was noted that there was a definite rhythm of stimulation and inhibition of growth according to the selected potency. These potencies, or dilutions, you will note are so high that the effect of matter as such can be entirely neglected.

In some very interesting experiments upon the effect of Nicotine upon the heart, Professor William Burrige showed that large doses produced cardiac spasm, moderate doses such as a pipe smoker might have in his blood (one part in ten millions) would produce a transient inhibition, while a small dose (one part in a thousand million) would actually help to keep the heart going. The nicotine seemed to work by reducing the responsiveness of the heart to adrenalin. Now adrenalin is produced by the body in emotional states giving rapid heart rate and the feelings of tension and fear. So that, literally, the smoker is not able to feel so angry as the non-smoker, neither can he feel the same degree of alarm. As Burrige says "The pipe of peace is no figment of the imagination".

THE POWER OF THE INFINITESIMAL

As a final example of the power of the infinitesimal out of the very many which could be cited, I would recall the work of Dr. William Boyd upon enzymes. He has shown that Mercuric Chloride in a potency of 6x to 7x (1 part in two million, or motor dilution 10^{-6} to 10^{-7}) has a profound effect on the hydrolysis of starch with diastase: and further, since the potency action is not proportion to the material quantity of the drug used, the phenomenon is electro-physical in nature. The significance of this lies in the fact that enzymes are the catalysts of all living processes and, being at the heart of tissue metabolism, are very near to

the essence of life itself. But for the plain man and the observant Homœopathic Physician the proof of the power of the infinitesimal lies in the results which they see from its application in the home or in Hospital.

As Hahnemann said, "It happens, try and see." In addition to being highly diluted, a further subtle change is wrought in Homœopathic remedies by being succussed, or given violent shocks at each stage of dilution. This change is electro-physical in nature and probably imparts energy to the drug and the resulting product we call a 'potency'. Although we can demonstrate the effects of remedies in high dilutions or, as we say in 'Potency', we can only conjecture the manner in which the remedy finally acts. In this regard we are no worse off than the allopathic practitioner who is quite unable to say in the final analysis exactly how any given drug acts.

Dr. Boyd, who is widely recognised as a bio-physicist, thinks that it is probable that the vast extension of surface area produced by the extreme state of sub-division of our remedies allows them to work by surface action. I understand that the physics of mono-molecular layers is involved in the process, but I refrain from entering more fully into this sphere of which I have no knowledge. Dr. Boyd has developed electro-physical techniques of great delicacy to demonstrate objectively the clinical electro-cardiographic responses of patients under Homœopathic treatment.

Turning now from advances in Medical Research to advances in Clinical Medicine we see startling changes in the last decade. The general course of medicine had stagnated and progressed very little from Hahnemann's day. Recently, a physician commenting on John Hunter's aphorism when he said to Jenner "Don't think, try!" sardonically remarked, "out of respect for John Hunter the medical profession for a century had been trying not to think". But now the light has dawned and a new era begun. Let me quote in evidence from recent general medical publications.

“Is it not possible that we tend to think too much about bacteria, bottled specimens, and serum reactions? Medical Science which is so confident in its claims may overlook the unpredictable nature of man and the immense adaptability of our human organism. When we find new openings for human powers and energy we call it progress. When individuals cannot live up to the new demands made upon them we call it disease”.

Professor Sir Henry Cohen, President of the British Medical Association took a step in the same direction when he announced his belief in a recent book that “There are no diseases, only disease”. With these statements no Homœopath will quarrel but rather welcome in them an indication that identity of outlook may yet develop and with it a recognition of the Law of Similars.

NEO-HIPPOCRATISM

This development in modern medicine is what Professor Cawadias has called Neo-Hippocratism. As we have seen already, the way was prepared by advances in Physics, making matter of little moment; in Chemistry, by research into trace or Oligo-elements, and the amazing powers of minute quantities of bio-chemical substances like Acetylcholine; in Psychology, through the concept of a dominating Ego; in Philosophy, through the recognition of the essential unity, or wholeness of the individual.

To all these was added the knowledge that the body manufactures the most powerful of all drugs within its glands of internal secretion, which acting and reacting upon each other, upon the nervous system and the body structure, make us a phlegmatic giant or an impish dwarf, a genius or a moron. Time would fail to tell even a little of the immense powers resident in the Pituitary, Thyroid, Pancreas, Supra-renals and Sex Glands, but the important point is their inter-relation in their effects upon mind and body. Here again the concept of wholeness is clear. Professor Cawadias said “If there is one thing firmly established in Endocrinology it is the activity of minimal doses and the

biological nature of the action of such doses". The most far-reaching single discovery in this connection was undoubtedly that of Cortisone and A.C.H.T., neither of which are generally available as yet, nor is their mode of action quite understood. They have a profound effect upon inflammations of the connective tissues and joints. They can abolish fever, which, being a protective reaction of the body, may be dangerous. We may hope however for helpful developments along these lines in days to come.

The second great medical discovery of this decade was the way in which many infections may be controlled by the Anti-biotics, living substances themselves, mostly moulds. Firstly Penicillin, followed by Streptomycin, Chloromycetin, Aureomycin, Terramycin and others, each having their specific effect on certain groups of bacteria or viruses. The anti-biotics have a generally inhibiting effect upon bacterial and viral growth though their precise mode of action is as yet unknown. It is unfortunate that drug resistant, mutant varieties of organisms are very quickly evolved. The resistance of immunity is unfortunately in the organisms and not in the body cells. This fact summarises the weakness of the method and explains why recurrence of infection is quite possible. Vaccine Therapy is the most obvious use of the Homœopathic principle and they have even been given by mouth recently (in the shape of branded "Cold Cures") as are Homœopathic Vaccines or Nosodes.

In the field of Allergy we have seen considerable advances in the treatment of Hay-Fever, Asthma, Urticaria and some forms of skin trouble, along lines which are entirely Homœopathic in principle. The offending substance, be it pollen, dust, milk or cereal, is diluted to an infinitesimal degree and given at intervals by mouth, or by injection, until an immunity to exposure is established.

It is now recognised that the above diseases and others such as Duodenal Ulcer and Colitis have always a psychological background of fear, jealousy, frustration or other

evidence of mental strain. When the specific irritant, dust, pollen, rough food, etc. is present, the chain is completed and the symptoms appear. These are examples of co-called Psycho-somatic medicine, but to the Homœopath all illness has always come under this category. Common to all these new methods mentioned above is a growing appreciation of the unity of the human mind and body.

There are quite a number of disease states in which there is patently a deficiency of Vitamins, Mineral Salts, or Glandular substances in the body. Where such a deficiency has arisen from a diet deficient in some of these substances, as is unfortunately all too common to-day, it is only common sense to remedy the diet and if necessary supplement it with the lacking vitamins. In the case of inorganic salts, such as Calcium or Iron, the body does not take kindly to the administration of these in bulk and frequently sabotages such efforts by failing to absorb them in the intestine. The Homœopathic method of selecting the constitutional remedy is more tedious but more certain.

Much the same could be said of gland deficiency diseases. Thyroid for Myxoedema, Liver for Pernicious Anæmia, and Insulin for Diabetes. None of these valuable and life-saving remedies are in any sense cures. Indeed these discoveries may have impeded a deeper search for an understanding of the causes of the disorders we call Diabetes and Pernicious Anæmia.

THE IDEAL—COMPLETE CURE

Homœopathy has ever as its aim complete cure without after effects and never thinks in terms of palliation. This is our ideal to which we as practitioners sometimes fail to attain, but this fundamental difference in attitude to the sick man is quickly appreciated by him, bringing the co-operation so essential to successful treatment. Few Homœopathic physicians would now take upon their shoulders the grave responsibility of withholding the appropriate anti-biotic which would stem the advance of a malignant infection, for it would then be incumbent upon

them to find the simillimum without delay or doubt. Some of the giants of our Art will accept this challenge with success but the rank and file like myself gratefully accept these Heaven-sent remedies. We recognise their insufficiency to produce a state of full health and supplement them with the indicated constitutional Homœopathic remedy.

As has been stated already, the body indicates its dislike of these powerful remedies, the anti-biotics, Cortisone, Sulphonamides and the like by producing most unpleasant side-reactions when they are not used with the greatest care.

For example, Penicillin, Streptomycin, Chloromycetin and Aureomycin treatment may be attended by toxic rashes, fever, nausea, diarrhœa and the proliferation of the fungus of thrush, which, not being influenced by its fellow fungi, luxuriates sometimes to a dangerous degree. Streptomycin may be followed by deafness through damage to the nerve of hearing and Chloromycetin has been followed by Aplastic Anæmia, destruction of blood formation in the marrow. These grave side effects are fortunately, rare, when care is exercised. Cortisone, which raised the hopes of so many crippled arthritics, has proved to have very limited usefulness because of side effects much worse than the disease being treated. It has been shown to control the acute manifestations of Leprosy but aggravates the underlying disease.

None of these wonderful remedies directly improve the body's vital resistance to disease and therein lie their weakness. The body very quickly develops defences against the remedies and in turn they become useless for treatment.

In spite of the arrival of these amazing new remedies there are, alas, large numbers of sick people whom they have failed to cure or for whom they are not appropriate remedies. The Homœopath, with his careful constitutional prescription on the basis of Similaris, can often effect a cure when other measures have failed. The allopathic remedies have failed because they have been directed toward treating the seed, or germs, instead of the soil, or constitution.

Most Homœopaths will agree that their remedies are not destroyed by the anti-biotics, as they assuredly are by drugs given in mass dosage designed to give contrary physiological effects.

STATISTICS?

The critical ask for statistical proof of the efficacy of our remedies. Strictly speaking, this is hardly possible. There are too many variables operative. We are treating people not disease labels, and although for purposes of prognosis we try to label them roughly, our treatment does not correspond to this label as it would in allopathic medicine: for example, a case of bronchial spasm, labelled asthma, might be given one of twenty or more Homœopathic remedies, selected to fit the individual's total make-up and not to treat his 'disease label' alone. For this reason results cannot be assessed by purely scientific methods. In order to counter this difficulty and bring some tangible results, taking one hundred cases showing High Blood Pressure as the presenting condition, in a recent paper I tried to show that the results obtained by Homœopathic treatment were at least as good as those by any other method. Isolated spectacular Homœopathic cures bring joy to the patient and great satisfaction to the doctor concerned but prove nothing whatever, except to these individuals, of the power of the Simillimum.

APPROACH TO A CASE

For this reason I do not intend to give you a series of cases to-day, but, in order to give a short record of a case seen this week at Out-Patients:

Mrs. A. H., aet. 45 years. Reported routinely, fit in all respects. Her story was:—

On 10th January, 1950, came to O.P.D. obviously ill, complaining of congestive morning headache, cold extremities, swelling of both legs, backache, and pain in the Right hip, all gradually developing over a period of one month. Menses normal.

Past History: Scarlet Fever as a child, Bright's Disease diagnosed first ten years ago. Happily married, two children aged 16 and 20 years. Apprehensive, has feeling of inadequacy, very sensitive about it. Intelligent, at present forgetful, extremities always cold. Better from moving around and hot food and drink. Worse in the afternoon and sometimes when in bed. Prefers: Sugar, Salt, hot drinks. Dislikes Fats.

On Examination on 10.1.50. Face flushed with tinge of Cyanosis (blueness), Mucous membrane of good colour, tongue and throat normal. Lungs, Abdomen and Central Nervous System normal. Heart enlarged (one centimetre outside midclavicular line Left.) Sounds, accentuated second aortic, otherwise normal. Frequent extra-systoles. Blood Pressure 210/120 mm.Hg. Œdema (Swelling) of Legs with pitting on pressure to the middle third.

Retinal Arteries narrowed.

Blood Urea 35 mgms.

Urine: Albumin present with a few granular casts.

Prescription given was *Lycopodium* 30, four doses.

Progress: One week later reported feeling much better, Blood Pressure 190/110 was given *Lycopodium* 1M one dose.

Fourteen days later, all swelling was gone from legs, B.Pr. 175/105.

Two months later (28.3.50), Headaches gone, feels well apart from rheumatic type of pains across shoulders and down right arm with some numbness and tingling in the fingers. Urine now contains no albumin or casts. Given *Rhus Tox* 30/iv. In one further month feels very much fitter and looks it. Blood Pressure 145/85 mm. Hg. Heart normal to clinical examination.

Comment: This patient has remained well in the intervening two years. The fall in Blood Pressure from 210/120 to 145/85 mm. Hg. in four months with loss of swelling in legs and urine becoming normal was a particularly good result, but by no means unique.

TOTALITY OF SYMPTOMS

This case exemplifies the principles of which I have been speaking. Use of the single remedy *Lycopodium* which can produce a similar picture in a proving. Its use in potency, in this case a single high potency IM. Repeating doses at very long intervals when further stimulation seems indicated, and it being evident that the remedy is the Simillimum, increasing the potency level.

The remedy chosen on the Totality of Symptoms including mental state, likes and dislikes in food, weather and position, and the effects of these factors upon her.

Like many other drugs used by Homœopathy, *Lycopodium* is used by the other school—but only as a powder to facilitate the rolling of pills! They have not been initiated into the 'astonishing quality of potentised remedies' and consider it to be a quite inert fine powder, the spore of Club Moss.

The case exemplifies also that we make a careful clinical estimate of the situation, including Radiological, Bacteriological and Biochemical examinations to help our diagnosis and prognosis, even although they have no importance in our final prescription.

Every day at our Out-Patient Department in this Hospital we see cases whom Allopathic medicine with all its wonderful advances has failed to cure, or in quite a number of cases actually made worse, by adding a drug disease on the natural one. For example, this is becoming a common result of the use of the Anti-histamines for Hay Fever, Asthma or Allergic Dermatoses, where the patient becomes sensitised to the anti-histamine. The doctor may fail to recognise what is happening and pressing on regardless make the patient thoroughly ill. The list of drug-induced diseases becomes longer every day with the introduction of toxic new synthetic products.

On the other hand the Homœopath has a power in his hands for healing which is practically harmless, acceptable

to the young and old alike, curative and leaving no ill effects, and even able to be used when no precise diagnosis label can be fixed, surely a great advantage.

We share the horror expressed by Mr. Aneurin Bevan at the veritable 'cataract of medicine which flows down the throats of the British public' especially when we realise that very little of it is curative even in intention, but forever palliative. We deplore the immense waste of money involved which a little careful study and the prescription of the simillimum could save.

All Chronic Diseases—and that is the major part of medicine—is better treated Homœopathically, that is, constitutionally.

Almost all Children's diseases, from the simple fever which can be aborted, to states of retarded development; and the ailments of the ageing who cannot tolerate powerful drugs, do much better Homœopathically.

Catarrhal states wherever found in the body, being a reaction of debility (and not necessarily an infection) need constitutional treatment as do the rheumatic disorders, gastro-intestinal catarrhs, disordered mental states and nervous disorders. Nor is this by any means a full list.

HOMŒOPATHY'S VITAL CONTRIBUTION

It is my firm belief that in this year of Grace, with all the blandishments of Modern Medicine and all its complicated diagnostic apparatus, Homœopathy has a vital contribution to make to the health of the Nation. We do not ask our Allopathic colleagues to give up the remedies which they have tried and with which they are well satisfied but we do urge them to try our method on those cases for which they well know they have no remedy. Then will they be convinced of the superiority of the administration of similars for healing.

There is a new spirit of reasonableness abroad among our medical brethren, possibly for the reasons I have out-

lined in this paper, and quite a number of Medical Colleges in London and the Provinces have asked for our lecturers to make visits.

Your able Lecturers in the Course which is to follow will fill in the details of this outline and demonstrate cases which will convince you of the power for healing in the potentised Simillimum, while the new concepts current in General Medicine will have made it easier for you to understand and accept our view-point.

We do not cling to a sterile dogma but are quietly confident in a living power which is year by year extended in usefulness as new provings are made of substances which seem likely to be helpful: *Histamine*, *Alloxan*, and *Penicillin* have been recently proved and *Cadmium* and *Strophanthus* re-proved within the past year.

The practice of Homœopathy is exacting and time-consuming but infinitely rewarding, so that you will have a new spirit of enthusiasm which makes light of the difficulties. And, having tasted of the new power which it will give to you, you will experience as I have, a deep satisfaction in your work. This will inevitably result in you becoming an ever greater and richer channel of healing to your patients—the high endeavour of every true Physician.

—*Homœopathy*, Nov. & Dec. 1952.

THE FUTURE OF HOMŒOPATHY

BY C. D. EWART

The title of this article would seem to suggest an occupation for a clairvoyant. The author would be the first to disclaim such a role, so that the reader might legitimately enquire in what way is he qualified to discuss the matter. All that he has to guide him are the past and the present.