

One of the most interesting discussions of health and disease I know of occurs in a small book by Crew (1949) on public and Personal Hygiene. After pointing out that the individual must be capable of adjusting himself to the conditions and circumstances of his external physical and social worlds, he defines health "as that state of the individual in which harmony exists between the various component parts of himself and between the individual as a whole and the circumstances and conditions of his external world."

This definition is a distinct advance, but does not seem entirely satisfactory for at least two reasons: first, no one enjoys complete harmony either in himself or with his external world; and, secondly, health is not so much a state of harmony as the product of a process of continuous adaptation or adjustment, by which a reasonable degree of harmony is maintained. The nearest I can get to an explanation of health—I would not say a definition—is that a person's health depends first on the constitution he is born with, and then on the success he has in constantly adjusting either himself to his environment or his environment to himself, so that a reasonable degree of harmony is maintained both within himself and between himself and the social and material world in which he lives.

But my object in raising this question was not to attempt to settle the meaning of health. It was to point out the need for such a concept, and some of the difficulties in formulating it—difficulties which are, I believe, intimately connected with the questions that I have been discussing. It is no accident that academic medicine has no concept of health; for the mechanistic idea of disease leaves no room for one, other than in terms of no disease, which is clearly inadequate.

—*British Medical Journal, Lond., March 21, 1953.*

N.B. We present this article written by an eminent Allopath to our readers with the idea to show how Hahnemann was far ahead of his times and his conceptions regarding health, disease and cure are getting confirmed by his erstwhile opponents.—Editor, H.G.

A CASE OF PARALYZED TYPHOID

DR. JAGRAJ BIHARI LAL, B.A., DIP. S.S., M.D.H. (Cal.),
MORADABAD

K. C., a boy of fourteen, has had allopathic treatment for a fortnight when I saw him first on 24-8-53. He was delirious, his left hand and leg being paralyzed. When questioned he managed to utter there was intense pain in the right eye, right forehead and the stomach, while he immediately passed into coma. Speech was not clear either and when protruded the tongue was seen to be shrunken, paralyzed and twisted to the left. Pulse was quick and the temperature sub-normal. There was no movement of the bowels since a week and urination was involuntary. Great rumbling of intestines and thirst for large quantities were reported and he uncovered the right leg incessantly.

Emaciation was predominant and there was history of rheumatic heart with the result that presently each beat of the heart visibly jerked every part of his body, covers and the cot. Miliary rash of 'typhus' was visible on the neck and some of it scattered on the chest.

Life appeared at a very low ebb while he lay on the bed with a fallen jaw and sliding down the bed little by little with every beat of the heart.

To give him just three doses of Bryonia 200, one hourly, I had to gather some courage, in face of Jahr's unfavourable prognosis of such cases that have had sufficient allopathic treatment so as to make the eventual crisis most uncertain.

Bryonia, only for a while, made the boy move his paralyzed extremities and raised the temperature a little, which did please the parents; while for the other part the dismal picture remained unchanged.

So the next day I gave him a dose of Mur. Ac. 200 and wished to keep him on that and that alone, as long as the patient lived. Soon a very slow general improvement ensued, and by 30-8-53 the boy had thoroughly re-

covered consciousness since some days and could urinate while awake.

Since the bowels had not moved since a fortnight and from an overall general condition he did not appear quite out of danger, I hastened to give him a dose of Opium 30 on the very 30-8-53.

This made him pass hard balls for days to follow and soon after his paralyzed leg was able to move while the paralyzed hand has also shown movement since 7-9-53, of course, not without a short-lived pain, heat and tingling in the affected nerves.

Thank God, the boy is now fully recovered, at the time of writing, except for the rheumatic heart which, perhaps, requires extra spade work on right lines.

NEWS & NOTES

Extracts from the Minutes of the Third Meeting with the representatives of Homœopathy held in the office of the Director General of Health Services, New Delhi, on 11th and 12th September, 1953.

The following were present :—

1. Lt. Col. C. K. Lakshmanan ... Chairman
2. Dr. C. G. Pandit
3. Dr. J. N. Majumdar
4. Dr. Diwan Jai Chand
5. Dr. L. D. Dhawale
6. Dr. K. G. Saxena
7. Dr. M. Gururaju

The following items were considered—

1. Training of homœopaths ;
2. Research in homœopathy ;
3. Standardisation of homœopathic drugs ;
4. Regulation of the practice of homœopathy ;
5. Utilisation of homœopaths in health services

1. TRAINING OF HOMŒOPATHS

(a) Undergraduate Training

The decision taken at the second meeting that there should be only one course of training, viz., a five year degree course in homœopathy made up of 4½ years for basic and hospital studies and 6 months internship, was confirmed. The committee considered in detail the draft syllabus drawn up by the members of the profession and approved the same.

In order to provide adequate facilities for such training the Committee would suggest that :

- (1) the three existing homœopathic colleges in Calcutta should be amalgamated into one, pooling their resources in men and material ;
- (ii) other existing homœopathic colleges in Lucknow, Gudivada and Midnapur should also be upgraded to give effect to this type of training ;
- (iii) any new homœopathic institution, which may be established, must possess adequate facilities to give the training of the degree standard and according to the draft syllabus ;
- (vi) the amalgamation of the colleges in Calcutta and the upgrading of the three other institutions should be completed within a period of five years and the authorities concerned should take such steps as are necessary to achieve this end. It was pointed out that the institutions would require financial help for such upgrading. It was agreed that the authorities concerned should submit detailed proposals for the upgrading programme together with their requests for financial aid to the State Governments concerned. The Chairman stated that if requests for financial aid from the Centre were received they would be given due consideration.