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**SELECTED HELP IN  
DISEASES OF THE  
RESPIRATORY SYSTEM,  
CHEST, ETC.**

By  
**Dr. W. KARO**

**COLDS—CHILLS—BRONCHITIS—ASTHMA  
INFLUENZA—PNEUMONIA  
TUBERCULOSIS OF THE LUNGS  
PLEURISY**

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Complete with 20 pp. Materia Medica and a  
Repertory.





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DISEASES OF THE  
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By

Dr. W. KARO

*Author of*

*"Urinary and Prostatic Troubles,"*  
*"Selected Help in Children's Diseases"*  
*and "Diseases of the Skin."*

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## PREFACE

IN this book I have endeavoured thoroughly to cover the most important diseases of the respiratory tract and organs as they occur in adults and children.

Although the diagnosis and treatment of the more serious ailments should be left to the physician, parents and patients will be interested to learn how homœopathic medication, supplemented by the correct dietetic and hygienic measures, deals successfully with them.

Some rare affections of the respiratory organs are naturally beyond the scope of a small book. I have indicated larger works to be consulted and where they have been used the obligation is acknowledged.

The respiratory tract, naso-pharynx, larynx, trachea, bronchi and lungs, being continuous in the human body congestions and inflammations tend to spread downwards from one to the other, but they then generally centralize in one or other part. I have therefore dealt first with the general treatment of all respiratory troubles and then specialized on the treatment of the organs when they become the chief focus of the disease in the chest.

The purely homœopathic treatment is dealt with in appended Materia Medica and Repertory sections as well as in each chapter. I have indicated certain ointments and lime-containing substances used with success, and Orka oil, etc., as methods of treatment. These can be obtained at all chemists, but in case of need, rubbing with cod-liver oil, almond or linseed oil and the drinking of lime-water is satisfactory. The Orka medicines contain additional vitamins. Similarly, instead of Adinolan tea, when unobtainable, and Ems water (difficult to get now), Lithia, barley water and lemonade can be substituted with excellent results.

I have mentioned this in the Preface to avoid repetition.

London

DR. W. KARO

1942

in frequent doses. It usually relieves the spasmodic cough. Hot water compresses, covered with flannel, applied to the chest will alleviate the patient's condition. Rubbing the chest and back with *Orka Skin Ointment* is another very useful remedy, especially for children.

Hot Adinolan tea with honey or hot milk with Ems water give great relief to the patient, especially when combined with the application of Orka suppositories, containing *China* and *Anaesthesin*.

The chronic bronchitis is mostly due to neglect of an acute bronchitis, or it may be a symptom of a chronic disease such as gout, renal, cardiac or lung affection, especially tuberculosis.

A thorough examination of the patient is absolutely necessary before any treatment starts.

The general hygienic and dietetic rules above mentioned must be carefully observed. The patient should take special care during changes of temperature or residence, have a warm fire and good ventilation, and a diet rich in fats and lime. Especially do I mention the *Orka Lime Food*. It is the best preparation of lime, supplying the organism with the substances it lacks.

With regard to homœopathic treatment I must underline that the indications for the special drug which should be given, have to be based on our law "let like be cured by like". The different symptoms and qualities of the cough, respiration, expectoration, as well as the general symptoms of the patient must be carefully considered.

Referring to the attached *Materia Medica* I mention drugs such as *Bryonia*, *Mercurius*, *Chamomilla*, *Hepar sulphuris*, *Sulphur*, *Causticum*, *Coccus cacti*, *Kali bichromicum*, *Antimonium tartaricum*, *Kalium sulphuricum*, *Phosphorus*, *Pulsatilla*, *Sanguinaria*.

## CHAPTER IV

### ASTHMA

ASTHMA is a condition characterized by periodically appearing attacks of spasmodic breathlessness.

We differentiate between three different types of asthma according to their causes.

(1) The *nervous* asthma is the mildest form. We are confronted with this type amongst members of families characterized by their inherited nervous constitution. Their nervous inheritance is shown by other conditions such as migraine, epilepsy and other nervous disorders. In many cases a direct inheritance from father or mother to one or more children is evident. The members of such families very often show other morbid conditions of their respiratory organs, for instance hay fever. In other cases again the nervous asthma develops in children suffering from scrofulous skin eruption, especially after such eruptions have been suppressed by the application of strong corrodent ointment. Then again the nervous asthma is met with amongst nervous or hysterical people, whenever any outside accident attracts their attention to the respiratory organs. Immediately a pathological imagination of breathlessness occurs forcing these patients to laboured deep inhalation of breath, the respiration gets more frequent, there may be 60-100 panting respirations during a minute.

(2) The *cardiac asthma* is due to a heart disease. Here the attacks of asthma are due to slackening of the blood circulation through the lungs.

(3) The real *bronchial* asthma, due to spasmodic contraction of the smaller bronchial tubes.

Generally speaking asthma is more frequent in males and usually commences at the age of 10 and may persist to old age. In children asthma is often due to the convulsive contraction of the glottis. Such children are

suffering frequently from colds, bronchitis or scrofulous polypis of the nose.

Asthma, although a genuine ailment, can thus be due to many morbid conditions, as there are disorders of the metabolism, of the internal secretion, etc. It often appears, when perspiration of the feet or skin diseases have been suppressed by an ointment.

The existing causes of an asthmatic attack are many, as there are the condition of the climate or atmosphere, the scents of certain flowers or animals or emotional disorders. We speak of *allergic* conditions, that means hypersensitiveness to certain protein substances. We know that an asthmatic attack can be brought about by inhalation of minute quantities of horse protein contained in the air near horses. Similarly from cats, dogs, etc.

The symptoms of such an asthmatic attack are very characteristic and impressive. They start most suddenly, often during the night. The patients are driven out of bed, push the window open, fighting for air. The breathlessness frightens the patient and extends over longer or shorter periods, at the end the characteristic tough expectoration is ejected.

We can alleviate the attacks by hot hand-baths and by inhalation of vapours from Stramonium, Eucalyptus, Turpentine, etc. The so-called "asthma cigarettes" are very popular.

Many of our homœopathic drugs are very effective :

*Arsenicum album* 4x-6x. Attacks always during night, breathlessness accompanied by burning sensation in the chest, restlessness, anxiety, dry cough.

*Cuprum arsenicosum* 4x, convulsive spasms, bluish face, cold perspiration and vomiting after the attack.

*Veratrum viride* or *Lobelis inflata* in cases characterized by weakness of the heart, the chest is almost choked, better when walking about. Breathing is gasping.

*Ipecacuanha* : serious breathlessness accompanied by vomiting and rattling.

Other drugs like *Antimonium tartaricum*, *Aralia racemosa*, *Zincum valerianicum*, etc., may be indicated according to the special symptoms of the patient.

The radical cure of asthma is a very difficult task. It must be based on a thorough medical examination of the patient. The proper homœopathic remedy has to be

selected according to the totality of the patient's symptoms. Generally speaking the treatment will always be a constitutional one and must be supplemented by general hygienic and dietetic rules. The patient must dress warmly in chilly weather to avoid catching cold. He ought to take care to keep his feet warm and to harden his skin by cold ablutions and air baths. After each of these procedures the skin must be thoroughly rubbed with Orka Skin Ointment; this ointment contains vitamins and strengthens the function of the skin.

Psychotherapy has been successfully employed in a number of cases, where the nervous element is pronounced.

Regular cleansing of the bowels by daily enematas in the acute cases should never be forgotten.

## CHAPTER V

### INFLUENZA

'FLU or influenza is a general infectious disease, the principal symptoms of which affect the respiratory, digestive and nervous organs. It usually starts with the symptoms of a bronchitis accompanied by general nervous disorders. The patient complains about general ill-feeling, pains in the extremities, in the back and head. There are always high temperature, shivering fits, dry cough, pain in the legs, loss of appetite; whilst serious cases are characterized by dizziness, restlessness, sleeplessness, buzzing in the ears, pain in the bones or even delirium. Profuse perspiration and disorders of the heart complete the symptom-picture. As a rule the symptoms subside in a fortnight, though in cases complicated by affections of the lungs its course is much more protracted. Even slight cases of influenza should never be neglected, because complications easily may arise and the disease thus might take a serious turn. The most dangerous complications are pneumonia, heart diseases, infection of the middle ear, of the eyes, serious neuralgias or even paralysis or tuberculosis.

Influenza being an infectious disease, great care must be taken to keep children away from the sickroom. The room should be well ventilated, but must be warm. The sputum of the patient must be kept in a sputum mug, containing water, to which a few drops of eucalyptus oil has been added.

The homœopathic treatment combined with hydrotherapeutic and dietetic remedies has proved to be very successful. All statistics teach us that cases treated homœopathically take a very favourable turn: the course of the disease is a very short and mild one, mortality being extremely low. Experience has shown that the different epidemics have their own specific remedy. It may be *Gelsemium*, or *Eupatorium*, or *Phosphorus*, etc.

When we do not know the specific remedy in a special epidemic, we must select the drug in accordance with the totality of the symptoms of our patient.

Referring to the *Materia Medica* I mention drugs like *Aconitum*, *Bryonia*, *Ipecacuanha*, *Rumex*, *Chininum arsenicosum*, *Iris versicolor*, *Belladonna*, *Avena sativa*, *Aurum muriaticum natronatum*, *Nux vomica*, etc.

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We help the homœopathic treatment by hydrotherapeutic measures: ablutions of the body with warm water and hot compresses around the chest. We may wrap the feet of the patient in wet cloth and place a hot water bottle above that. After each hydrotherapeutic procedure the whole body of the patient should be thoroughly rubbed with a bath towel and then Orka Skin Ointment applied. This ointment, containing vitamins, strengthens the skin and thus helps the patient in eliminating the poisonous slags from the body.

During convalescence the patient should take Orka Lime Food, vegetarian diet, and as much fresh fruits as possible. All-Bran, wholemeal bread, milk, cheese, and green salads must be given.

After recovery the patient must take great care to dress warmly; that applies especially to senile patients and such people whose lungs were affected previous to the attack of influenza.

The patients should be warned not to go out too early, especially in bad weather.





## CHAPTER VI

### TUBERCULOSIS OF THE LUNGS

CONSUMPTION or phthisis is the most frequent form of lung diseases. It is called the scourge of humanity.

Though there has been a steady decline of the illness during the last fifty years, nearly 20 to 25 per cent. of all deaths are still due to tuberculosis.

The disease is caused by the tubercular bacillus, discovered by Robert Koch. This bacillus is a great danger to a certain type of individuals. Before giving a more distinct description of that type, I will point out that we find the tubercular bacillus in healthy people. Many of us, especially people living in big cities, just cannot avoid swallowing or inhaling them, but owing to a strong constitution our body rids itself from the germs before they can affect any part or organ of the body. The greatest part in developing tuberculosis is played by heredity, constitutional disposition or susceptibility, age and sex of the patients.

Regarding the age we have learned that in very young children tuberculosis is mostly located in the bowels and the abdominal glands. In later childhood the glands of the neck and the bones are principally affected, whilst after the age of twenty tuberculosis mainly affects the lungs or the urinary organs.

Tuberculosis is almost unknown in high and sunny regions like the Alps, in the Cordilleras and other dry countries such as Peru, Egypt, and the interior of South Africa.

The inhabitants of low-lying and damp countries and of factory towns, where the air is stagnated by dust and smoke, are exceedingly susceptible to the disease. Unhealthy dwellings, insufficient ventilation in bedrooms, lack of exercise, sunshine and fresh air, poor or insufficient nourishment combined with mental or physical exertion and dissipation play an important part in bringing about the disease.

There are four different varieties of the disease :

(1) The acute miliary tuberculosis. It is the most rapid form, also called *rapid consumption*. The characteristic symptoms are high fever, profuse night sweats, loss of weight, etc. There is no cure for it ; it is always fatal in about two or three weeks.

(2) The acute caseous tuberculosis is characterized by a slower course. Here the tubercles formed by the tubercular bacilli undergo a caseous change forming larger or smaller cavities in the lungs. These patients as a rule, die in about three months' time.

(3) The *fibro-caseous* type of tuberculosis is the most common form of the disease. It differentiates from the second type by its slower development. The lungs are more capable to resist the forming of cavities by fibrous tissue. These cases may last many years ; complete recovery is possible.

(4) The *fibroid tuberculosis*, characterized by the conversion of parts of the lungs into fibrous masses, but without any cavities. This anatomical condition appears after the recovery from tuberculosis. One could actually call these fibroid masses *scars*.

The *symptoms* of tuberculosis vary according to the different stages of the disease. It is of the greatest importance to be familiar with the very first symptoms. Here the *general* symptoms must be carefully observed. The patients are easily fatigued, unable to work ; they complain about hot face and hands and cold shivers down the back, especially sweating during the night. They are irritable, their appetite is poor, they lose weight, the colour of the face changes suddenly from pallor to a cachectic redness. They suffer from palpitation and dyspnoea and rapid pulse, especially when moving about. There is always a short, dry cough, especially in the morning, due to irritation, either with or without expectoration of clear sputum. The patient complains about pain in the side and chest. Increased perspiration, especially the night sweats, are very common symptoms. An important symptom is a regular rise of temperature in the early afternoon with a fall below normal in the early morning. In other cases again it is *spitting of blood*, which brings the patient to the doctor.

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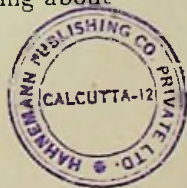
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In the second stage of the disease the rise of the

temperature in the evening is even more marked, the cough is always accompanied by a yellowish, sometimes blood-stained sputum, lack of appetite, loss of weight, night sweats, general weakness and dyspnoea are intensified.

In the third or late stage all these symptoms are still more aggravated: Fever, perspiration, emaciation, cough, and sputum are at their worst. The throat is always affected, making the patient hoarse. Owing to the affection of the bowels by the swallowed sputum a troublesome diarrhoea develops. Swelling of the feet, extreme emaciation and bed-sores are symptoms of the approaching death, though the patient himself believes that he is better and is beginning to recover. This characteristic feeling is well known to every doctor. This so-called "spes phthisica" is more commonly known as *Euphoria*, a blessing for the dying patient.

It is regrettable to own that even the best and most careful treatment is unable to prevent the fatal end of such advanced cases.

How to prevent tuberculosis? That is the important matter!

Fresh air, sunshine and nourishing food are the three main factors to strengthen the body and to protect weak people, especially children, from developing tuberculosis. Sedentary occupation should be avoided where possible, bedroom and living room should always be well ventilated by open windows, top and bottom.

When treating a tuberculous patient in his home, the greatest care must be taken to protect the other members of the family from catching the disease.

The patient should never spit on the floor or into a handkerchief, but use a sputum bowl containing a disinfectant solution of carbolic acid or sublimate. The greatest cleanliness of the patient as well as of everything he is using (clothes, underwear, bed-linen) is necessary. His crockery and cutlery should be kept for the patient and cleaned separately.

*Treatment.* The proper treatment of a patient suffering from tuberculosis must always start with a scientific medical examination, which maps out any area affected and discovers the tubercle bacteriologically. Only a conscientious physician is capable to diagnose the disease in its early stages. Furthermore, it is entirely up to the

doctor whether he can allow the patient to stay in his own home, or whether he should be an in-patient of a hospital. Apart from home—or hospital treatment—is the climatic treatment. Here again it should be left to the physician to decide for his patient whether to be sent to a mountain, or seaside resort, or to a country with a sub-tropical climate.

If the patient can be treated at home, the dietetic and hygienic treatment as well as the medicinal treatment has to be adapted to his condition.

No tuberculous patient should ever use quack medicines, nor should he think that homœopathic drugs alone will cure him. He has to adapt his way of living to his disease, requiring rest, fresh air and the right diet. Uncooked food according to Bircher Benner should be the basis of his diet. Milk, eggs, fruits, wholemeal bread, All-Bran, potatoes, cream, etc., should be taken. Meat may be given in special cases; all food should only be slightly salted; abundance of condiments is strongly forbidden. The patient's weight and temperature should be regularly noted. The air in the sick room must be fresh and pure. Cold air does no harm, as proved by the good results obtained in mountain resorts (Davos, etc.). Air- and sun-bathing are advisable, although they should be short at the beginning.

If the patient is liable to blood-spitting, sun-bathing should not be taken at all. Wet compresses, which help to loosen the phlegm and to promote sleep, may from time to time be applied. In feverish cases the whole body should be given blanket baths.

After each bath or hydrotherapeutic treatment the skin must be carefully dried and Orka Skin Ointment ought to be thoroughly rubbed in.

*Homœopathic treatment.* Generally speaking, according to our law, "let like be cured by like", drugs such as *Arsenicum*, *Iodine*, *Calcarea*, *Phosphorus* and *Silica* may be indicated in the majority of cases.

*Arsenicum iodatum* corresponds to the intermittent fever, the burning pains, the irritability of many tuberculous patients, to the aggravation of the symptoms by cold and their improvement by warmth; to the anxiety, restlessness of the patient and to the serious disorders of the blood itself.

*Iodine* acts on the mucous membranes of the larynx

and the bronchial tubes; it provokes enlargement and induration, even purulent decay of the glands; there is always emaciation in spite of good appetite.

*Calcareo phosphorica* may be indicated in children and anæmic adults, whilst *Calcareo iodatum* ought to be given to all scrofulous patients, whose system has been weakened by continuous expectoration of purulent sputum. It may be given alternately with *Calcareo hypophosphorica*.

We have learned that in all cases of tuberculosis there is a marked deficiency of lime (*Calcareo*). As the deficiency of lime gives rise to all kinds of disorders in the organism, we must supply the patient with the amount of *Calcareo* it lacks.

The best way to achieve this task is the regular taking of Orka Lime Food. It has the most beneficial effect not only on the general health of the patient, but also on the local tuberculous process. Its action is not only a medicinal one in the general sense, but also a supplementary one, as it supplies the body with the substances it lacks.

The drug picture of *Phosphorus* is very frequent amongst the tuberculous patients. It is often present in young patients who have grown up too quickly and have been suffering during childhood from diseases of the bones. These patients are liable to blood-spitting, to aphoria (loss of voice), due to laryngeal inflammation; their face is pale with red spots on the cheeks; they are very chilly and thirsty; they prefer cold drinks. They are irritable and anxious, especially when they are alone. There is always a marked irritation of the sexual organs in spite of general weakness.

It goes without saying that in such a chronic disease as tuberculosis many other drugs should be considered according to the special symptoms of the patient. The exact knowledge of our *Materia Medica* is the presumption for a successful treatment. Referring to the attached *Materia Medica* I will mention only *Silica*, *Kreosotum*, *Sulphur*, *Tuberculinum*, *Bacillinum*, *Belladonna*, *Drosera*, *Pulsatilla*, *Bryonia*, *Gelsemium*, *Cuprum arsenicosum*, *Hydrastis*, *Hamamelis*, *Millefolium*, and *Sambucus*.

The results of the right homœopathic treatment together with the dietetic and hygienic treatment is at least in a great number of cases satisfactory.

## CHAPTER VII

### PNEUMONIA

ACUTE inflammation of the lungs, Pneumonia, is always a serious disease, which ought from the beginning to be under the care of a good physician.

We differentiate between the two types of pneumonia : the croupous or acute lobar pneumonia and the catarrhal pneumonia (bronchopneumonia).

(1) The croupous pneumonia is the more common form. As a rule the inflammation is limited to the whole or to a greater part of *one* lobe of the lung. The inflammation is confined to the air-cells without affecting the bronchial tubes. The air-chambers are filled with inflammatory products, thus the light and spongy lung becomes heavy and solid, resembling in appearance a piece of liver.

Croupous pneumonia attacks apparently healthy and vigorous people. It occurs at all ages, especially between the age of 20-40 years.

The disease is due to the *Pneumococcus*, discovered by the German professor Fränkel. Exposure to cold or wet is the most common secondary cause.

*Symptoms.* Croupous pneumonia is characterized by its sudden onset. After a violent shivering fit the temperature rises at once to 103° or 104° F., or even higher, there is a violent sharp pain in the chest, difficult and rapid breathing, rapid pulse and a hacking, short and frequent cough. These are the very first alarming symptoms. There is at first very little, tough expectoration, changing in a few days to a copious rusty-brown colour owing to the presence of blood in it. In some cases the expectoration contains bright red blood. As a rule the high temperature continues for about a week, until the so-called *crisis* sets in. The temperature then drops suddenly—mostly during the night—to 97 F. or lower, profuse perspiration, disappearance of the pains, easier breathing, looser cough, and slower, more vigorous pulse

are the most striking signs that the disease has taken a favourable turn.

Of course not all cases of pneumonia take such a favourable turn.

In serious cases complications like meningitis, heart or kidney diseases, or pleurisy resulting in empyema develop.

In patients over 60 years of age, in habitual drunkards, or in patients suffering from heart or kidney diseases, the disease is always grave.

A dry tongue, delirium, cyanosis, very rapid respiration (above 60 per minute) and persistently rapid pulse (more than 120 per minute in adults) are always dangerous symptoms.

(2) Catarrhal—or bronchopneumonia—means a combination of bronchitis and pneumonia. Its course differs in several important points from croupous pneumonia. There is no crisis, the improvement in favourable cases being gradual.

Catarrhal pneumonia frequently develops in young children or in senile patients. It is a frequent complication of measles or whooping cough.

There is a sudden and marked rise of temperature, accompanied by rapid pulse, cyanosis, restlessness, and short frequent cough. These are the most striking symptoms of bronchopneumonia. The patient, in serious cases, is too feeble to expectorate; the cough thus becomes of a suffocative type, which is always a most alarming symptom. In favourable cases vomiting aids in freeing the lungs from the accumulating secretion.

Referring to the chapter on capillary bronchitis I underline the seriousness of bronchopneumonia. There is always, especially in weak patients, the danger of a fatal end, or the tendency to develop tuberculosis or other serious diseases of the lungs.

Early diagnosis, followed by the suitable treatment, on the other hand, is the only chance for a favourable turn.

*Homœopathic treatment.* The homœopathic treatment of pneumonia is far superior to the allopathic. Special attention is given here to the various drug symptoms.

The indicated homœopathic drug is capable of shortening the course of the disease and thus to avoid the crisis. D. M. Borland gave a classical review of the indicated drugs in his post-graduate lectures delivered at the

London Homœopathic Hospital in the spring of 1939. Referring to his lectures, published in *Homœopathy* 1939, and to T. M. Dishington, *The Patient's Dilemma* (London and Glasgow; Gowans and Gray, 1927) I restrict myself to a short characteristic of a few important drug pictures, partly from these authors.

(1) *Aconitum*. In the *Aconitum* cases of pneumonia the disease has always a very sudden onset. The patient has been out and exposed to cold, and the same evening he comes down with a high temperature. The condition is very acute, developing rapidly. As a rule these patients are strong, healthy and robust. Besides the high fever there is always marked excitement, restlessness and anxiety. The pulse is full, bounding; the face very flushed, the skin hot and dry. The patient usually complains about a very dry mouth and intense thirst; he wants *cold* drinks. In spite of the extremely hot, flushed face and hot skin the patient complains about coldness of the extremities. The pupils are contracted. A constant dry, short cough, stabbing and cutting pains in the chest, aggravated by lying on the affected side complete the symptom-picture. There is at first very little sputum with bright blood and with the effort of coughing the patient feels as if his chest were being cut. The mental state is characterized by anxiety and fear of death.

(2) *Bryonia*. In *Bryonia* cases there is usually a history of a fairly *gradual* onset. The patient after a day or two of seediness and heaviness develops a shivering with pain in the *right* side of his chest, which compels him to bend towards his right side and to hold his breath. He gets to bed, lies on the affected side and as still as possible, as any movement of the chest aggravates the pain.

High temperature soon supervenes, with flushed face, bounding pulse and irritable cough, which he suppresses as much as possible and holds with both hands the painful parts. With the rise of temperature he is thirsty and wants big drinks at odd intervals. He finds great relief to his chest and cough from *warm* drinks, but he has a great desire for *cold* drinks. He feels hot, is averse to much covering and he has usually a hot, damp sweat. The patient very often complains about a rather intense frontal headache, which settles down over the eyes. The

tongue is dry and has a heavy, thick, white coating; there is always a bitter taste in the mouth.

The sense of real illness frequently begins in the morning after a good sleep, but the time of aggravation is 9 p.m. The patient's mental irritability at being disturbed is coloured by dissatisfaction. He often asks for something and refuses it when it is brought to him, he is thoroughly cross-grained. His delirium is frequently characterized by the fixed idea that he is away from home and he constantly mutters that he wants to go home. His lips are parched with cracks which frequently bleed.

(3) *Phosphorus*. As a rule the *Phosphorus* pneumonia develops rather more quickly than the *Bryonia* cases. It usually begins with a bad cold in the chest and spreads to the lungs. There is oppression in the chest with difficult inspiration and easy expiration. The very trying, tormenting, irritating cough is often accompanied by a feeling of rawness or burning in the chest. The tongue is dry, reddish and swollen. The patient is always intensively thirsty, he wants cold drinks.

He wants to be propped up, which is not surprising, when we consider the feeling of oppression in the chest, but in addition to that we often see him with his chin tilted up and the head thrown well back. The patient is chilly, he feels cold and any draught of cold air is liable to excite an attack of coughing. The sputum is frothy with bright red blood. The face is pinched, flushed, red and white. Later, with progressing disease, the face is livid and there is fan-like motion of the nostrils. The lips are dry, parched and bleed easily. The patient is weak, sensitive, excitable and tremulous from any exertion, such as coughing. The slightest causes exhaust him. Mentally and physically he has little reserve of strength, becomes exhausted with efforts and then falls into a listless and indifferent state.

The *Phosphorus* drug picture is very frequent amongst anæmic, narrow-chested patients.

(4) *Arsenicum album*. The *Arsenicum* pneumonia is characterized by great anxiety, fear and restlessness of the patient. As a rule these patients are pale and rather livid looking, or they may be somewhat cyanotic; their skin is covered with cold, clammy sweat. The lips are usually cyanotic, the mouth is parched, dry, and there is

always a constant desire for *sips* of water. In spite of their general chilliness the *Arsenicum* patients want their drink as cold as they can get it.

The *Arsenicum* patient is mentally relieved by company, for the fear of death is constant, and he fears to be alone, but sympathetic fussiness makes him irritable. The whole nature of *Arsenicum* is violence both in mind and in the body. Prostration is rapid. The patient has a violent tearing cough; the sputum, in the later period of the disease, is prune juice in colour and foul in odour. Cadaveric odour of discharges is characteristic of *Arsenicum*. The time of aggravation is from midnight to 3 a.m. But the climax of suffering is from 1-2 a.m. and from 1-2 p.m. The tongue is white, its edges and tip red.

Regarding other drug pictures, these are of *Belladonna*, *Chelidonium*, *Carbo vegetabilis*, *Iodine*, *Lachesis*, *Lycopodium*, *Sulphur*, etc. I refer to the *Materia Medica*.

It goes without saying that the homœopathic treatment must be supplemented by the right dietetic and hygienic prescriptions. The mouth should be carefully attended to and the bowels kept open by enemas or Glauber salt. The sick room must be warm but well ventilated. Rest, fresh air and liquids are all that is necessary for the first feverish days. Later on the diet has to be adapted to the special constitution of the patient. Senile and feeble patients, drunkards and patients suffering from heart diseases should now and then take a little good old wine; their diet must contain milk, eggs, All-Bran, vegetables, green salads and fruit juices.

Wet compresses applied to the chest and sponging the entire body with lukewarm water, to which extract of lavender should be added, are advisable. It has to be followed by rubbing the body with Orka Skin Ointment.

After convalescence the patient must take good nourishment and Orka Lime Food. He must dress warmly and be careful of cold, keen air.

## CHAPTER VIII

### PLEURISY

PLEURISY or pleuritis means inflammation of the serous membrane lining the inner surface of the thorax and enclosing the lungs like a bag. The serous membrane, due to the inflammatory process, loses its smoothness and becomes rough owing to the deposits of flakes or lymph on it.

The clinical expression for this period of the disease is called *dry pleurisy*. With the progress of the inflammation liquid pours out from the vessels of the inflamed pleura, collecting between the lungs and the chest walls.

The liquid is clear at first (hydrothorax), but may become purulent by infection (empyema).

Pleurisy is a very common disease, more frequent amongst children than adults. It is caused chiefly by a cold. Tuberculous patients or people with weakened vitality are especially liable to get it.

The main symptoms of the disease are stabbing pains in the chest, especially below the shoulder blades, aggravated by deep breathing and coughing. In acute cases there is always fever, rapid and shallow breathing and dry cough. All these symptoms get aggravated in proportion to the amount of liquid in the thoracic cavity, compressing the lungs. This exudation may become so excessive that heart, liver and diaphragm are compressed out of their normal position, interfering with their function.

In favourable cases the fluid may be absorbed in about three weeks and the patient recovers, though he may still suffer from stitches in the chest, especially after exposure to cold. In serious cases, that means in cases in which the fluid remains longer than a couple of weeks, the compressed lung loses its elasticity, collapses and is liable to attacks of chronic inflammation or even tuberculosis.

The *treatment* of pleurisy must be based on an exact clinical diagnosis, medical advice is therefore indispensable.

During the feverish period of the disease, the patient must stay in bed and follow the same hygienic and dietetic treatment as in cases of pneumonia, spoken of in the last chapter.

Wet compresses applied to the chest and drugs like *Aconitum*, *Belladonna*, *Bryonia*, should be given alternately in frequent doses. Later on *Arnica*, *Hepar sulphuris*, *Ranunculus bulbosus* are to be considered.

When there is a larger quantity of liquid in the thoracic cavity, drugs like *Apis*, *Apocynum*, *Arsenicum*, *Cantharis*, *Kalium iodatum*, *Scilla* or *Sulphur* may be indicated.

In chronic cases a few doses of *Silica*, *Tuberculinum* or *Sulphur* in high potencies should be added. When, in spite of the homœopathic and hygienic treatment the liquid in the thoracic cavity remains unabsorbed, it must be removed by tapping.

In cases of empyema surgical treatment may be inevitable in order to drain away the matter.

The patient must take great care after his recovery to dress warmly, to take regular physical exercise, as discussed in the first chapter, and must keep to a strong nourishing diet. Here I again underline the great importance of Orka Lime Food ; it ought to be combined with the local application of vitamins in the shape of Orka Skin Ointment.

If the patient can afford a nature cure at a mountain resort it would do him a deal of good.

## CHAPTER IX

### MATERIA MEDICA

(alphabetically arranged)

#### *ACALYPHA INDICA* 1x-3x

Specific action on the respiratory organs, especially indicated in cases of beginning tuberculosis.

Cough with expectoration of bright blood in the morning.

#### *ACONITUM* 3x-6x

*General Indications.* Acute, feverish conditions with intense restlessness and nervousness, violent thirst, hot and dry skin, violent pains in the head, chest and throat, quick breathing, dry painful coughing fits. Aggravation of all symptoms in the evening and at night.

*Special Indications.* Laryngitis, tracheitis, congestion of the lungs, acute bronchitis, pleurisy, pneumonia, bronchial asthma.

#### *ALUMINA* 4x-6x

Very useful in anæmic patients, mucous membranes very dry, hoarseness, disposition to catarrhal discharges from mucous membranes, especially indicated in the first period of the disease of spare, dark-complexioned patients with diminished vitality. Craving for starch, chalk, rags, etc. Short and oppressed breathing, dry cough, worse in the morning, ending with slight expectoration.

*Special Indication.* Aphonia, suddenly starting; follicular pharyngitis with elongated uvula.

#### *AMMONIUM CARBONICUM* 3x-6x

Acute feverish condition, great nervousness, disposition to colds.

Nose stopped at night, mouth breathing; dry cough, especially early in the morning.

*Special Indications.* Laryngitis, bronchitis, pleurisy, pneumonia, asthma.

### ANTIMONIUM TARTARICUM 3x-6x

Acute and chronic catarrhs of the respiratory organs. Great fatigue and sleepiness during the day, shortness of breath, pulse slow and irregular. Aversion to any kind of nourishment. Coughing and rattling in the throat. Fits of coughing followed by exhaustion and perspiration; the face becomes pale and haggard. Worse when lying down.

*Special Indications.* Tracheobronchitis broncho-pneumonia, œdema of the lungs, empyema, bronchial asthma.

### APIS MELLIFICA 6x

Inflammatory conditions with tendency to exudation, cerebral irritation, inflamed throat, blisters on the tongue and in the throat, shortness of breath, drowsiness during the day, increasing weakness, depression and listlessness. Aggravation in the evening and during night.

*Special Indications.* Dry cough, dyspnoea, laryngitis, œdema of the glottis, tracheobronchitis, pleurisy, hydrothorax.

### ARALIA RACEMOSA 3x

Acts specifically on the *cough*.

*Key Symptom.* The cough starts after a short sleep in the first part of the night. Especially indicated in asthma.

### ARGENTUM METALLICUM 6x

Is a very good remedy in hoarseness of professional singers, worse by speaking or singing, alternating with total loss of voice.

*Special Indications.* Chronic laryngitis, tuberculosis, of the larynx and lungs with yellowish purulent expectoration.

*ARNICA 3x-6x and 20x*

Acts on the respiratory and circulatory organs as well as on the skin, especially indicated after injuries, all symptoms aggravated by exercise, deep breathing and every kind of exertion. Violent pains in the larynx, lungs and pleura with spasmodic cough, hoarseness and bloody expectoration.

*Special Indications.* Laryngitis, tracheitis, bronchitis, pleurisy, dyspnoea, pneumonia, hæmoptysis.

*ARSENICUM ALBUM 4x-6x and high potencies*

One of our most important drugs, acting on all organs. Violent thirst, the patient drinks often, but a little at each time. Great weakness and debility, fear of death, unrest, sleeplessness, depression and melancholy. Pale and haggard face, fits of suffocation, worse early in the morning. Many symptoms appear periodically. Better by warmth.

*Special Indications.* Bronchial asthma, pneumonia, pleurisy, tuberculosis of the lungs.

*AURUM METALLICUM 6x*

Deeply acting drug on syphilitic or scrofulous patients, especially at the bones and mucous membranes, dark complexioned patients, melancholia, suicidal mania.

*Especially indicated* in cases which have been abused by *Mercury* or *Kalium iodatum*, suffering from frontal headache.

Indicated in nasal catarrh with thick foetid discharge and crusts in the nose.

*BAPTISIA 4x-6x*

Acute cases with delirium, great weakness and sleepiness.

*Special Indications:* Acute influenza, laryngitis, hoarseness with palpitation and very rapid pulse.

*BARYTA CARBONICA 6x*

Drug for children and senile patients, especially in chronic diseases. Adenoid growth of the tonsils, chronic bronchitis, dry cough, worse during the night.

*BELLADONNA 2x-6x*

Follows *Aconitum* in acute inflammatory conditions, characterized by congestion of blood to head, face flushed and hot, dizziness, violent pains in the head, restlessness, delirium, convulsions. Pupils dilated. Dry irritating cough, aggravation of all symptoms in the afternoon and during night, by exposure to cold air, uncovering the body and cold drinks. Pains appear and disappear suddenly.

*Special Indications.* Acute pneumonia, laryngitis, tracheitis, bronchitis with little tough sputum. Dyspnœa.

*BRYONIA ALBA 3x-6x*

Acts generally on all serous membranes; unpleasant, bitter taste in the mouth, tongue thickly white coated; dry hot skin, yellow or sallow complexion. Dry, irritating cough, stitching pains, worse by movement, better by lying on the affected side and by rest. High temperature, very thirsty: the patient wants big drinks at odd intervals. Mental irritability, delirium. Constipation. Aggravation 9 p.m.

*Special Indications.* Pleurisy, pneumonia, bronchitis, asthma with dry cough, whooping cough, pulmonary tuberculosis.

*CACTUS GRANDIFLORUS 3x-6x*

Suitable for cases with sensation of constriction in the heart region, attacks of suffocation, œdema of the extremities.

*Special Indications.* Laryngitis, tracheitis, congestion of the lungs.

*CALCAREA CARBONICA 4x-6x*

Acts on the metabolism, especially indicated in chronic cases, characterized by emaciation, despite a good appetite; delicate appearance, pale complexion, exhausting sweats, especially at night, restless sleep, nervous debility. Aggravation and recurrence of the symptoms after exposure to cold air or to damp, after cold baths and ablutions.

*Special Indications.* Chronic nasal catarrh with fœtid purulent discharge of offensive smell; laryngitis with

hoarseness, pneumonia in the second stage in fair, fat and flabby patients, characterized by coldness, worse in the morning. Pleurisy, tuberculosis of the lungs in scrofulous children, especially acting on the *middle right lung*. Palpitation of the heart.

*CALCAREA HYPOPHOSPHORICA* 4x-6x

Acts especially on suppurative processes in the lungs. It is suitable for weakened patients.

*Special Indication.* *Tuberculosis of the lungs.*

*CANTHARIS* 6x

Acts on the mucous membrane of the respiratory organs as well as on the urinary system.

*General Indications.* Restlessness, agitation, rages, fever, preceded by shivering fits and attended by violent thirst and urinary disorders. Burning pains.

*Special Indications.* Pleurisy with profuse serous exudation, frequent cough, dyspnoea and profuse sweats. Laryngitis, tracheitis.

*CAPSICUM* 4x-6x

*General Indications.* Burning pains, especially in the pharynx; mucous membrane dark reddened.

*Special Indications.* Dry cough with headaches, the cough expels an offensive breath from the lungs.

*CARBO VEGETABILIS* 6x and high potencies

The drug acts on the circulation. Low activity with rapid, faint pulse; sallow complexion; difficulty in breathing; spasmodic cough with continuous hoarseness; foul smelling secretions; thirst. Aggravation in the evening, in the open air and by exposure to cold.

*Special Indications.* Pneumonia before the crisis, asthma, laryngitis of senile patients, bronchiectasis.

*CAUSTICUM* 6x-30x

*General Indications and Key Symptoms.* Neuralgic pains, continuous hoarseness and hoarse cough, especially

in the morning, aggravated by bending forward, accompanied by sensation as if patient could not cough deep enough to raise mucus; soreness in chest as if raw; tightness of chest. All symptoms aggravated by motion and exposure to cold and draught; improvement by rest and warmth. Irritability, sallow complexion. Perspiration due to motion.

*Special Indications.* Influenza, laryngitis, bronchitis, whooping cough, tuberculosis of the lungs.

### CHAMOMILLA 3x

*General Indications and Key Symptoms.* The drug acts chiefly on the nervous system. Restless sleep or even sleeplessness; irritability, especially in children. Dry cough, irritation of the throat, difficult breathing, worse at night, during winter, from cold in sleep; better by getting warm in bed. Often indicated in nervous children. These children are ugly, they scream and cry for apparently nothing and will not be quiet unless carried.

*Special Indications.* Laryngitis, tracheitis, bronchitis, asthma.

### CHELIDONIUM 3x-6x

Great remedy in the second stage of pneumonia.

*Key Symptoms.* Pain under the right shoulder-blade and in the liver, with marked jaundice, yellow face and skin, tongue coated yellow at the base, yellow urine and very yellow stool, or white stools.

It is also useful in cases of tuberculosis of the lungs and pleurisy.

### CHINA 4x-6x

*General Indications and Key Symptoms.* The drug acts on the blood, the nerves, the spleen, and the digestive canal. All symptoms come on *periodically*. Great weakness, tendency to perspiration. Aggravation in the evening and on being touched. Hoarseness; bitter taste in the mouth, tough sputum, stitching pain in the chest; pulse rapid, weak.

*Special Indications:* Laryngitis, tracheitis, bronchitis, dyspnoea, tachycardia.

*CIMICIFUGA* 3x-6x

*General Indications.* Great anxiety and nervousness, melancholy, neuralgia. Dry cough in the morning and evening, aphonia, palpitation.

*Special Indications.* Tracheobronchitis, pleurisy.

*CINA* 4x-6x

*General Indications.* Spasms and anxiety, restlessness, convulsions.

Dry spasmodic cough, excited or caused by worms, aggravated at night or by fretting, drinking, walking in open air, by pressing on larynx, or when awaking from sleep. Difficult expectoration.

*Special Indications:* Tracheitis, bronchitis.

*COCCUS CACTI* 4x

The drug acts on the respiratory organs and on the kidneys.

Dry cough with expectoration of much *viscid albuminous* mucus, draws out in long strings, aggravation in the morning. Stitching pain and heat in the chest.

*Special Indications.* Tracheobronchitis, whooping cough, chronic bronchitis, dyspnoea, palpitation.

*COFFEA* 4x-6x

*General Indications and Key Symptoms.* Hypersensibility, easily moved to tears, aggravation of the symptoms in the open air.

Spasmodic or dry, hacking cough, especially after or during meals.

Violent pains in the chest.

*Special Indications.* Tracheitis, spasms of the larynx; hæmoptysis.

*CONIUM* 6x

*General Indications and Key Symptoms.* Fits of dizziness, perspiration; paralysis beginning in the feet, disorders of the venous circulation, enlargement of the glands.

Cough from *dry spot* in the larynx, worse on first lying down; no expectoration.

*Special Indications.* Laryngitis, tracheitis, spasms of the glottis. .

### CUPRUM METALLICUM 6x-20x

The drug acts on the digestive canal and the nervous system.

Its *Key Symptoms* are the spasms or convulsions; especially in anæmic or nervous patients.

“Very violent, spasmodic cough, with constriction of chest which almost shuts off breathing.” (Nash.)

Hoarseness, better by cold drinks.

*Special Indications.* Spasms of the glottis, laryngitis, whooping cough, congestion of the lungs.

### DIGITALIS 3x-4x

Acts principally on the heart. Its *Key Symptoms* are cyanosis, slow weak pulse, irregular action of the heart, œdema, piercing pains in the heart. Dry cough with tough expectoration.

*Special Indications.* Laryngitis, tracheitis, bronchitis, pneumonia, hæmoptysis.

### DROSERA 4x-30c

Has a specific relationship to the respiratory organs.

*Key Symptoms.* Hoarseness with deep bass voice. Profuse cough, especially during night, spasmodic attacks, drawing the whole abdomen spasmodically inside; vomiting of food or mucus; bleeding from nose or mouth; tickling in the larynx. Aggravation by warmth, drinking, tobacco smoke, laughing, singing, weeping after lying down.

*Special Indications.* Whooping cough, laryngitis, tuberculosis of the lungs.

### DULCAMARA 4x-6x

Acts on the mucous membranes of digestive and respiratory organs.

*Key Symptoms.* Sensitiveness of the mouth and tongue. Sneezing fits with discharging of a thick yellow fluid from the nose; cough with mucous expectoration, caused by exposure to damp, cold air, aggravated by deep

inspiration, lying down or warm room; better outdoors, by movement.

*Special Indications.* Laryngitis, tracheitis, bronchitis, tuberculosis of the lungs with hæmoptysis, whooping cough.

### ECHINACEA $\phi$ -3x

Has a stimulating and antiseptic effect on blood and glands; strengthening the heart.

*Key Symptoms.* Septic fever, with slow pulse at first, gradually getting more rapid, accompanied by congestion of the head and pains in the limbs. Evil smelling discharge from the nose, hoarseness, cough and pain in the chest. Aggravation after meals, in the evening and by movement.

*Special Indications.* Empyema, tuberculosis of the lungs, bronchiectasis.

### EUPATORIUM PERFOLIATUM 4x-6x

*General Indications.* Acute feverish conditions, influenza, colds, ague.

*Key Symptoms.* General ill-feeling, great weakness, biliary attacks, hoarseness, rough scraping cough, chest sore, aphonia, dyspnœa.

*Special Indications.* Influenza, tracheobronchitis, chronic bronchitis, palpitation of the heart.

### EUPHRASIA $\phi$ -3x

Acts on the mucous membranes of the eyes, nose and throat.

*Key Symptoms.* Corrosive lachrymation and bland nasal discharge, headache; worse in the warm room, better in the open air. Cough with tough sputum.

*Special Indications.* Influenza, colds, tracheobronchitis with dyspnœa.

### FERRUM METALLICUM 4x-6x

The drug has a strong effect on the blood, the blood vessels, the spleen, muscles and nerves.

*General Indications and Key Symptoms.* Anæmic, psoric patients, chilliness, face pale alternating with congestion, flushes, giddiness, headache, rapid hard pulse,

fever. Cough with expectoration containing blood, pains between the shoulders. Oppressed breathing, profuse menstruation. Antidotes quinine.

Aggravation by excitement and warmth, better by walking.

*Special Indications.* Spasms of the glottis, tracheo-bronchitis, hæmoptysis.

### FERRUM PHOSPHORICUM 6x

Acute feverish conditions, colds.

*General Indications.* The first stage of inflammatory processes, especially in anæmic patients, subject to flushes of heat and redness of the face and to local congestions generally.

*Special Indications.* Acute pneumonia, congestion of the lungs, pleurisy, acute bronchitis, hæmoptysis.

### GELSEMIUM 3x-6x

Acts mainly on the nervous system, the blood vessels and the respiratory organs.

*General Symptoms and Key Symptoms.* General feeling of discomfort, great weakness, apathy, deep-seated pains, high temperature, giddiness, headache, starting at the neck, spreading over the head and settling in one eye. Pupils dilated, neuralgia of the face and in the limbs with spasmodic twitches, deafness and paralysis. Liable to taking cold, shivering fits, longing for warmth, hoarse voice, paralysis of the vocal cords, irritating cough, wheezy breathing. Fever, but no thirst. Aggravation after midnight, by mental excitement and warm damp weather.

*Special Indications.* Tracheobronchitis, diphtheric paralysis of the vocal cords, irregularity of the heart.

### GRAPHITES 6x-30x

Deep acting drug, especially on the skin and mucous membranes. Remedy for chronic cases.

*General Indications and Key Symptoms.* Great mental depression, constipation, obesity, flatulence, heartburn, smarting pain and spasms, better after meals, in the open air and by walking, aggravation by cold, during

menstruation. Chronic nasal catarrh ; internal nose dry, with dry scabs with sore, cracked and crusty nostrils ; sore on blowing it. Hoarseness, dry, painful cough.

*Special Indications.* Chronic laryngitis, asthma.

### HAMAMELIS 3x-6x

Acts on the blood vessels.

*General Indications and Key Symptoms.* Venous and passive hæmorrhage. Rush of blood in the head, bleeding of the nose. Inflammation of the eyes with bloodshot conjunctiva. Congestion of blood in the chest, cough with varicose condition of the throat ; pains in the chest and hæmoptysis.

*Special Indications.* Laryngitis, tracheobronchitis, congestion of the lungs, dyspnœa.

### HEPAR SULPHURIS 4x-6x

Has a deep action on the glands, skin, respiratory organs and the nerves.

*General Indications and Key Symptoms.* Scrofulous patients, especially children, with tendency to eruptions and to little festering wounds, moist eruptions forming incrustations and loss of hair. Red, swollen eyelids and smarting pain in the eyes. Discharge from the ears ; the nose is stopped up and encrusted with matter, and there is discharge of mucus containing blood. Hoarse, irritating cough, caused by exposure to cold, especially to dry cold air, aggravated when slightest part of the body becomes uncovered, limb getting cold, eating or drinking anything cold, towards morning, after eating ; better by wrapping up and keeping warm. Wheezing breathing. Sensitiveness to pain, touch and mental irritability, even to fainting. Pains in the chest.

*Special Indications.* Chronic nasal catarrh, laryngitis, croup, bronchitis, pneumonia, pleuritis, pulmonary tuberculosis.

### HYDRASTIS CANADENSIS 3x-6x

Acts on all mucous membranes.

*General Indications and Key Symptoms.* Great weakness, feeling of fatigue in the morning after getting up.

Discharge of yellowish viscid mucus, hæmorrhage. Nasal and bronchial catarrh with copious discharge of thick yellow viscid mucus and dull pain in the chest. Senile catarrh with thick, yellow, tenacious stringy sputum. Tightness of the chest.

*Special Indications.* Chronic nasal catarrh, tracheo-bronchitis, pulmonary tuberculosis.

### *HYOSCYAMUS NIGER* 4x-6x

Acts on the nervous system.

*General Indications and Key Symptoms.* Restlessness, weakness, pale face. Dry, hacking, persistent cough, sometimes spasmodic, little or no expectoration, aggravated when lying down, better when sitting up. Stupor or furious delirium. Nervous aphonia.

*Special Indications.* Laryngitis, tracheobronchitis.

### *IGNATIA* 3x-6x

Acts on the nerves, resembling *Nux vomica*.

*Key Symptoms.* Mental emotion and agitation. Aggravation by cough, warm drinks, by standing still, by coffee and spirits, after meals, in bed in the evening and after getting up in the morning. All symptoms change rapidly.

Dry, persistent, continual cough, rarely any expectoration. Hysteric aphonia. Better by music, walking or diverting the mind.

*Special Indications.* Laryngitis, tracheitis.

### *IODINE* 3x-6x and high potencies

It acts on the glands and all excretory organs, especially on the respiratory system.

*General Indications.* Emaciation in spite of good appetite. Sallow skin, dark hair; constant tickling cough with pain in the larynx. Glandular swelling or dwindling, goitre, feverish conditions accompanied by general nervous and irritated manifestations. Hoarseness. Aggravation by warmth, better by cold.

*Special Indications.* Spasms of the glottis, goitre, asthma, bronchitis, pneumonia, pleurisy, whooping cough, tuberculosis of the lungs.

*IPECACUANHA* 3x-4x

Acts on the digestive and respiratory organs.

*General Indications and Key Symptoms.* Aversion to all food, nausea, violent cough with wheezy phelgm on the chest; spasmodic cough and shortness of breath, the face turning red and blue. Fine rattling in bronchial tubes. Aggravation by motion and in the open air, better by warmth and quiet; profuse, bright red hæmorrhage. Vomiting, diarrhœa containing blood with urgent desire to relieve bowels.

*Special Indications.* Laryngitis, spasms of the glottis, whooping cough, bronchopneumonia, asthma, tuberculosis of the lungs.

*KALIUM BICHROMICUM* 4x-6x

Acts especially on the respiratory organs.

*Key Symptoms.* Expectoration of *stringy* mucus. It draws out in long strings, hanging down to the floor. The cough is dry, with tickling in the throat, or loose with great accumulation of mucus, hoarse, croupy. Aggravation evening or morning; between 2-3 p.m.; after eating or drinking; when *undressing*. Better when lying down or getting warm in bed. Pains from mid-sternum to back. Pain over the root of the nose, especially when the discharge becomes suppressed by cold. The nostrils fill with hard dry crusts, which are often bloody, when discharged.

*Special Indications.* Chronic nasal catarrh, laryngitis, croup, bronchitis, whooping cough, asthma.

*KALIUM CARBONICA* 6x-30x

Is complimentary to *Bryonia* with a specific action on the respiratory organs.

*Key Symptoms.* Anæmia with bag-like swelling of the upper eyelids. The patient sits bent forward to breathe; dry hard, exhausting cough with purulent expectorations, mixed with blood and thin mucus. Aggravation from warm food, exercise, lying on left side; at 3 a.m. Better after breakfast. Stitching pains, especially in the right lower chest through the back.

Chilliness at noon, at night heat, weakness in the chest. Sensitiveness to any draught of air.

*Special Indications.* Asthma, second stage of pneumonia, pleuritis, tuberculosis of the lungs.

### *KALIUM IODATUM* 3x-6x

Especially indicated in syphilitic cases.

*Key Symptoms.* Redness and swelling of the nose with constant discharge of watery, acrid, colourless liquid; œdematous swelling of the eyelids with lachrymation. Suffocative cough with copious green or frothy like soap-suds expectoration. Pains through sternum to back, or deep in the chest, aggravated when walking. Exhausting night sweats, rapid emaciation, great weakness.

*Special Indications.* Acute syphilitic laryngitis, pneumonia, tuberculosis of the lungs, acute pleurisy, asthma.

### *KREOSOTUM* 4x-6x

Suitable for chronic cases.

*Key Symptoms.* Malodorous excretions, hæmorrhage, decayed teeth, salivation. Hoarseness with dry, spasmodic cough, foul smelling sputum; pains in the chest and heavy breathing.

*Special Indications.* Bronchitis, tuberculosis of the lungs.

### *LACHESIS* 30x or higher

Indicated in septic cases.

*Key Symptoms.* Cyanotic patients, very sensitive to touch and to noise; great weakness, the patient is unable to put out the tongue; it trembles and catches behind the teeth. Great oppression of breathing with aversion to having anything touch the chest or throat; very weak pulse. Dry cough, scanty expectoration. Aggravation when falling asleep. Attacks of suffocation.

*Special Indications.* Laryngitis, whooping cough, bronchiectasis, pneumonia, asthma, empyema.

### *LOBELIA INFLATA* 3x-6x

Has a specific action on the respiratory and circulatory organs.

*Key Symptoms.* Pale patients with the sensation of

*CIMICIFUGA* 3x-6x

*General Indications.* Great anxiety and nervousness, melancholy, neuralgia. Dry cough in the morning and evening, aphonia, palpitation.

*Special Indications.* Tracheobronchitis, pleurisy.

*CINA* 4x-6x

*General Indications.* Spasms and anxiety, restlessness, convulsions.

Dry spasmodic cough, excited or caused by worms, aggravated at night or by fretting, drinking, walking in open air, by pressing on larynx, or when awaking from sleep. Difficult expectoration.

*Special Indications:* Tracheitis, bronchitis.

*COCCUS CACTI* 4x

The drug acts on the respiratory organs and on the kidneys.

Dry cough with expectoration of much *viscid albuminous* mucus, draws out in long strings, aggravation in the morning. Stitching pain and heat in the chest.

*Special Indications.* Tracheobronchitis, whooping cough, chronic bronchitis, dyspnoea, palpitation.

*COFFEA* 4x-6x

*General Indications and Key Symptoms.* Hypersensibility, easily moved to tears, aggravation of the symptoms in the open air.

Spasmodic or dry, hacking cough, especially after or during meals.

Violent pains in the chest.

*Special Indications.* Tracheitis, spasms of the larynx; hæmoptysis.

*CONIUM* 6x

*General Indications and Key Symptoms.* Fits of dizziness, perspiration; paralysis beginning in the feet, disorders of the venous circulation, enlargement of the glands.

Cough from *dry spot* in the larynx, worse on first lying down; no expectoration.

*Special Indications.* Laryngitis, tracheitis, spasms of the glottis.

### CUPRUM METALLICUM 6x-20x

The drug acts on the digestive canal and the nervous system.

Its *Key Symptoms* are the spasms or convulsions; especially in anæmic or nervous patients.

"Very violent, spasmodic cough, with constriction of chest which almost shuts off breathing." (Nash.)

Hoarseness, better by cold drinks.

*Special Indications.* Spasms of the glottis, laryngitis, whooping cough, congestion of the lungs.

### DIGITALIS 3x-4x

Acts principally on the heart. Its *Key Symptoms* are cyanosis, slow weak pulse, irregular action of the heart, œdema, piercing pains in the heart. Dry cough with tough expectoration.

*Special Indications.* Laryngitis, tracheitis, bronchitis, pneumonia, hæmoptysis.

### DROSERÀ 4x-30x

Has a specific relationship to the respiratory organs.

*Key Symptoms.* Hoarseness with deep bass voice. Profuse cough, especially during night, spasmodic attacks, drawing the whole abdomen spasmodically inside; vomiting of food or mucus; bleeding from nose or mouth; tickling in the larynx. Aggravation by warmth, drinking, tobacco smoke, laughing, singing, weeping after lying down.

*Special Indications.* Whooping cough, laryngitis, tuberculosis of the lungs.

### DULCAMARA 4x-6x

Acts on the mucous membranes of digestive and respiratory organs.

*Key Symptoms.* Sensitiveness of the mouth and tongue. Sneezing fits with discharging of a thick yellow fluid from the nose; cough with mucous expectoration, caused by exposure to damp, cold air, aggravated by deep

inspiration, lying down or warm room ; better outdoors, by movement.

*Special Indications.* Laryngitis, tracheitis, bronchitis, tuberculosis of the lungs with hæmoptysis, whooping cough.

### ECHINACEA $\phi$ -3x

Has a stimulating and antiseptic effect on blood and glands ; strengthening the heart.

*Key Symptoms.* Septic fever, with slow pulse at first, gradually getting more rapid, accompanied by congestion of the head and pains in the limbs. Evil smelling discharge from the nose, hoarseness, cough and pain in the chest. Aggravation after meals, in the evening and by movement.

*Special Indications.* Empyema, tuberculosis of the lungs, bronchiectasis.

### EUPATORIUM PERFOLIATUM 4x-6x

*General Indications.* Acute feverish conditions, influenza, colds, ague.

*Key Symptoms.* General ill-feeling, great weakness, biliary attacks, hoarseness, rough scraping cough, chest sore, aphonia, dyspnœa.

*Special Indications.* Influenza, tracheobronchitis, chronic bronchitis, palpitation of the heart.

### EUPHRASIA $\phi$ -3x

Acts on the mucous membranes of the eyes, nose and throat.

*Key Symptoms.* Corrosive lacrimation and bland nasal discharge, headache, worse in the warm room, better in the open air. Cough with tough sputum.

*Special Indications.* Influenza, colds, tracheobronchitis with dyspnœa.

### FERRUM METALLICUM 4x-6x

The drug has a strong effect on the blood, the blood vessels, the spleen, muscles and nerves.

*General Indications and Key Symptoms.* Anæmic, psoric patients, chilliness, face pale alternating with congestion, flushes, giddiness, headache, rapid hard pulse,

fever. Cough with expectoration containing blood, pains between the shoulders. Oppressed breathing, profuse menstruation. Antidotes quinine.

Aggravation by excitement and warmth, better by walking.

*Special Indications.* Spasms of the glottis, tracheo-bronchitis, hæmoptysis.

### FERRUM PHOSPHORICUM 6x

Acute feverish conditions, colds.

*General Indications.* The first stage of inflammatory processes, especially in anæmic patients, subject to flushes of heat and redness of the face and to local congestions generally.

*Special Indications.* Acute pneumonia, congestion of the lungs, pleurisy, acute bronchitis, hæmoptysis.

### GELSEMIUM 3x-6x

Acts mainly on the nervous system, the blood vessels and the respiratory organs.

*General Symptoms and Key Symptoms.* General feeling of discomfort, great weakness, apathy, deep-seated pains, high temperature, giddiness, headache, starting at the neck, spreading over the head and settling in one eye: Pupils dilated, neuralgia of the face and in the limbs with spasmodic twitches, deafness and paralysis. Liable to taking cold, shivering fits, longing for warmth, hoarse voice, paralysis of the vocal cords, irritating cough, wheezy breathing. Fever, but no thirst. Aggravation after midnight, by mental excitement and warm damp weather.

*Special Indications.* Tracheobronchitis, diphtheric paralysis of the vocal cords, irregularity of the heart.

### GRAPHITES 6x-30x

Deep acting drug, especially on the skin and mucous membranes. Remedy for chronic cases.

*General Indications and Key Symptoms.* Great mental depression, constipation, obesity, flatulence, heartburn, smarting pain and spasms, better after meals, in the open air and by walking, aggravation by cold, during

menstruation. Chronic nasal catarrh ; internal nose dry, with dry scabs with sore, cracked and crusty nostrils ; sore on blowing it. Hoarseness, dry, painful cough.

*Special Indications.* Chronic laryngitis, asthma.

### HAMAMELIS 3x-6x

Acts on the blood vessels.

*General Indications and Key Symptoms.* Venous and passive hæmorrhage. Rush of blood in the head, bleeding of the nose. Inflammation of the eyes with bloodshot conjunctiva. Congestion of blood in the chest, cough with varicose condition of the throat ; pains in the chest and hæmoptysis.

*Special Indications.* Laryngitis, tracheobronchitis, congestion of the lungs, dyspnœa.

### HEPAR SULPHURIS 4x-6x

Has a deep action on the glands, skin, respiratory organs and the nerves.

*General Indications and Key Symptoms.* Scrofulous patients, especially children, with tendency to eruptions and to little festering wounds, moist eruptions forming incrustations and loss of hair. Red, swollen eyelids and smarting pain in the eyes. Discharge from the ears ; the nose is stopped up and encrusted with matter, and there is discharge of mucus containing blood. Hoarse, irritating cough, caused by exposure to cold, especially to dry cold air, aggravated when slightest part of the body becomes uncovered, limb getting cold, eating or drinking anything cold, towards morning, after eating ; better by wrapping up and keeping warm. Wheezing breathing. Sensitiveness to pain, touch and mental irritability, even to fainting. Pains in the chest.

*Special Indications.* Chronic nasal catarrh, laryngitis, croup, bronchitis, pneumonia, pleuritis, pulmonary tuberculosis.

### HYDRASTIS CANADENSIS 3x-6x

Acts on all mucous membranes.

*General Indications and Key Symptoms.* Great weakness, feeling of fatigue in the morning after getting up.

Discharge of yellowish viscid mucus, hæmorrhage. Nasal and bronchial catarrh with copious discharge of thick yellow viscid mucus and dull pain in the chest. Senile catarrh with thick, yellow, tenacious stringy sputum. Tightness of the chest.

*Special Indications.* Chronic nasal catarrh, tracheo-bronchitis, pulmonary tuberculosis.

### *HYOSCYAMUS NIGER* 4x-6x

Acts on the nervous system.

*General Indications and Key Symptoms.* Restlessness, weakness, pale face. Dry, hacking, persistent cough, sometimes spasmodic, little or no expectoration, aggravated when lying down, better when sitting up. Stupor or furious delirium. Nervous aphonia.

*Special Indications.* Laryngitis, tracheobronchitis.

### *IGNATIA* 3x-6x

Acts on the nerves, resembling *Nux vomica*.

*Key Symptoms.* Mental emotion and agitation. Aggravation by cough, warm drinks, by standing still, by coffee and spirits, after meals, in bed in the evening and after getting up in the morning. All symptoms change rapidly.

Dry, persistent, continual cough, rarely any expectoration. Hysteric aphonia. Better by music, walking or diverting the mind.

*Special Indications.* Laryngitis, tracheitis.

### *IODINE* 3x-6x and high potencies

It acts on the glands and all excretory organs, especially on the respiratory system.

*General Indications.* Emaciation in spite of good appetite. Sallow skin, dark hair; constant tickling cough with pain in the larynx. Glandular swelling or dwindling, goitre, feverish conditions accompanied by general nervous and irritated manifestations. Hoarseness. Aggravation by warmth, better by cold.

*Special Indications.* Spasms of the glottis, goitre, asthma, bronchitis, pneumonia, pleurisy; whooping cough, tuberculosis of the lungs.

## IPECACUANHA 3x-4x

Acts on the digestive and respiratory organs.

*General Indications and Key Symptoms.* Aversion to all food, nausea, violent cough with wheezy phelgm on the chest; spasmodic cough and shortness of breath, the face turning red and blue. Fine rattling in bronchial tubes. Aggravation by motion and in the open air, better by warmth and quiet; profuse, bright red hæmorrhage. Vomiting, diarrhœa containing blood with urgent desire to relieve bowels.

*Special Indications.* Laryngitis, spasms of the glottis, whooping cough, bronchopneumonia, asthma, tuberculosis of the lungs.

## KALIUM BICHROMICUM 4x-6x

Acts especially on the respiratory organs.

*Key Symptoms.* Expectoration of *stringy* mucus. It draws out in long strings, hanging down to the floor. The cough is dry, with tickling in the throat, or loose with great accumulation of mucus, hoarse, croupy. Aggravation evening or morning; between 2-3 p.m.; after eating or drinking; when *undressing*. Better when lying down or getting warm in bed. Pains from mid-sternum to back. Pain over the root of the nose, especially when the discharge becomes suppressed by cold. The nostrils fill with hard dry crusts, which are often bloody, when discharged.

*Special Indications.* Chronic nasal catarrh, laryngitis, croup, bronchitis, whooping cough, asthma.

## KALIUM CARBONICA 6x-30x

Is complimentary to *Bryonia* with a specific action on the respiratory organs.

*Key Symptoms.* Anæmia with bag-like swelling of the upper eyelids. The patient sits bent forward to breathe; dry hard, exhausting cough with purulent expectorations, mixed with blood and thin mucus. Aggravation from warm food, exercise, lying on left side; at 3 a.m. Better after breakfast. Stitching pains, especially in the right lower chest through the back.

Chilliness at noon, at night heat, weakness in the chest. Sensitiveness to any draught of air.

*Special Indications.* Asthma, second stage of pneumonia, pleuritis, tuberculosis of the lungs.

### *KALIUM IODATUM* 3x-6x

Especially indicated in syphilitic cases.

*Key Symptoms.* Redness and swelling of the nose with constant discharge of watery, acrid, colourless liquid; œdematous swelling of the eyelids with lacrimation. Suffocative cough with copious green or frothy like soap-suds expectoration. Pains through sternum to back, or deep in the chest, aggravated when walking. Exhausting night sweats, rapid emaciation, great weakness.

*Special Indications.* Acute syphilitic laryngitis, pneumonia, tuberculosis of the lungs, acute pleurisy, asthma.

### *KREOSOTUM* 4x-6x

Suitable for chronic cases.

*Key Symptoms.* Malodorous excretions, hæmorrhage, decayed teeth, salivation. Hoarseness with dry, spasmodic cough, foul smelling sputum; pains in the chest and heavy breathing.

*Special Indications.* Bronchitis, tuberculosis of the lungs.

### *LACHESIS* 30x or higher

Indicated in septic cases.

*Key Symptoms.* Cyanotic patients, very sensitive to touch and to noise; great weakness, the patient is unable to put out the tongue; it trembles and catches behind the teeth. Great oppression of breathing with aversion to having anything touch the chest or throat; very weak pulse. Dry cough, scanty expectoration. Aggravation when falling asleep. Attacks of suffocation.

*Special Indications.* Laryngitis, whooping cough, bronchiectasis, pneumonia, asthma, empyema.

### *LOBELIA INFLATA* 3x-6x

Has a specific action on the respiratory and circulatory organs.

*Key Symptoms.* Pale patients with the sensation of

## CHAPTER X

### REPERTORY

(alphabetically arranged)

- ADENOIDS (vegetatious). *Baryta carbonicum, Calcarea carbonicum, Calcarea iodatum, Calcarea phosphoricum, Iodine.*
- ANGINA, CATARRHALIS (ACUTE). *Nitricum acidum, Apis, Belladonna, Calcarea iodatum, Calcarea sulphurica, Kalium bichromicum, Kalium iodatum, Mercurius corrosivus, Mercurius iodatum flavus, Mercurius solubilis.*
- DIPHThERITICA. *Apis, Lachesis, Mercurius cyanatus.*
- LUDOVICI. *Arnica, Lachesis, Mercurius corrosivus.*
- ULCEROSA. *Calcarea sulphurica, Mercurius corrosivus, Thuja.*
- ANOSMIA. *Antimonium sulphuratum aurum, Argentum nitricum, Calcarea carbonica, Hyoscyamus, Natrum muriaticum, Pulsatilla, Strontium carbonicum, Sulphur.*
- APHONIA. *Alumina, Antimonium crudum, ARGENTUM NITRICUM, Calcarea carbonicum, Carbo vegetabilis, GELSEMIUM, GRAPHITES, Iodine, Manganum carbonicum, PHYTOLACCA, Plumbum metallicum, Stannum.*
- ASTHMA, BRONCHIAL. *Arsenicum album, Carbo vegetabilis, Hepar sulphuris, Ipecacuanha, Kalium bichromicum, LOBELIA, Natrum sulphuricum, Plumbum metallicum, Sepia, SPONGIA, Stannum, Stramonium, Tartarum emeticus.*
- CARDIACUM. *Arsenicum album, Arsenicum metallicum, Cactus, Convallaria, Cuprum metallicum, Veratrum album.*
- NERVOSUM. *Zincum metallicum.*

BRONCHIECTASIS. *Ammonium carbonicum*, *Arsenicum album*, *Carbo vegetabilis*, *Kalium carbonicum*, *Lachesis*.

BRONCHITIS, ACUTE CATARRHAL. *Aconitum*, *Ammonium carbonicum*, *Belladonna*, *Bryonia*, *Hepar sulphuris*, *Ipecacuanha*.

BLENNORRHOICA. *Antimonium sulphuricum aurum*, *Coccus cacti*, *Hepar sulphuris*, *Kalium bichromicum*, *Lycopodium*, *Phosphorus*, *Tartarum emeticus*.

CHRONICA. *Antimonium sulphuricum aurum*, *Arsenicum album*, *Calcarea iodatum*, *Ipecacuanha*, *Mercurius solubilis*, *Phosphorus*, *Pulsatilla*, *Stannum*, *Tartarum emeticus*.

FŒTID. *Carbo vegetabilis*, *Kreosotum*, *Sanguinaria*.

SEROSA. *Calcarea carbonicum*, *Hepar sulphuris*, *Silica*.

SICCUS. *Belladonna*, *Conium*, *Hepar sulphuris*, *Natrum muriaticum*, *Nux vomica*, *Rumex*, *Sulphur*.

BRONCHOPNEUMONIA. *Ammonium carbonicum*, *Bryonia*, *Ipecacuanha*, *Mercurius solubilis*, *Phosphorus*, *Rhus toxicodendron*, *Rumex*, *Scilla*, *Silica*, *Tartarum emeticus*.

CATARRH OF THE BRONCHI = Bronchitis.

COLDS (predisposition to). *Bacillinum*, *Tuberculinum*.

COUGH. *Acalypha*, *Allium cepa*, *Alumina*, *Ammonium carbonicum*, *Ambragrisea*, *Arnica*, *Arsenicum album*, *Capsicum*, *Chelidonium*, *Coccus cacti*, *Coffea*, *Cuprum*, *Copaiva*, *Guaiacum*, *Laurocerasus*, *Lobelia*, *Natrum carbonicum*, *Opium*, *Phellandrium*.

CROUP. *Arum triphyllum*, *Aconitum*, *Ammonium causticum*, *Belladonna*, *Bromium*, *Hepar sulphuris*, *Iodine*, *Ipecacuanha*, *Kalium bichromicum*, *Kalium phosphoricum*, *Lachesis*, *Mercurius cyanatus*, *Phosphorus*, *Spongia*, *Arsenicum*, *Ferrum phosphoricum*.

EMPHYSEMA. *Naphthalinum*, *Grindelia robusta*, *Tartarum emeticus*.

EMPHYEMA (pleurisy). *Arnica, Calcarea fluorata, Cantharis, Echinacea, Hepar sulphuris, Mercurius solubilis, Silica.*

EPISTAXIS (nose bleed). *Acalypha, Arnica, Erigeron, Geranicum, Hamamelis, Melilotus, Millefolium, Trillium.*

HEMOPTYSIS. *Cactus, Carbo vegetabilis, Ferrum phosphoricum, Hamamelis, Ipecacuanha, Kreosotum, Ledum, Phosphorus.*

HYDROTHORAX. *Apis, Apocynum, Arsenicum album, Digitalis, Helleborus, Kalium carbonicum, Lachesis, Lactuca, Spigelia, Sulphur.*

INFLUENZA. *Ammonium carbonicum, Arsenicum album, Bryonia, Eupatorium, Gelsemium, Mercurius solubilis, Natrum sulphuricum, Rhus toxicodendron, Sabadilla.*

INTERCOSTAL NEURALGIA. *Bryonia, Cimicifuga, Magnesium phosphorica, Mezereum, Ranunculus, Rhus toxicodendron, Spigelia.*

LARYNGITIS, ACUTE. *Aconitum, Ammonium carbonicum, Apis, Arsenicum album, Belladonna, CAPISCUM, Carbo vegetabilis, Chamomilla, Hepar sulphuris, Iodine, Kalium carbonicum, Kreosotum, Lachesis, Phosphorus, Rumex, Spongia.*

CHRONIC. *Argentum metallicum, Argentum nitricum, Graphites, Hepar sulphuris, Kalium bichromicum, Mercurius solubilis, Phytolacca.*

MEMBRANOUS. *Hepar sulphuris, Phosphorus, Spongia, Tartarum emeticus.*

SYPHILITICA. *Argentum nitricum, Aurum metallicum, Kalium bichromicum, Kalium iodatum, Mercurius corrosivus.*

TUBERCULOUS. *Selenium, Spongia, Stannum.*

NASAL CATARRH. *Hydrastis, Kalium bichromicum, Graphites, Alumina, Calcarea carbonicum, Lycopodium, Sepia, Silica, Sulphur.*

NEURALGIA, INTERCOSTAL, *vide* Intercostal Neuralgia.

PLEURISY (pleuritis). *Apis, Arsenicum album, Bryonia, Calcareea iodatum, Cantharis, Kalium carbonicum, Scilla, Tartarum emeticus, Aconitum, Mercurius solubilis, Rhus toxicodendron, Sulphur, Belladonna, Carbo vegetabilis, Phosphorus, Tuberculinum.*

PLEURODYNIA. *Bryonia, Cimicifuga, Kalium carbonicum, Ranunculus.*

PNEUMONIA, ACUTE. *Aconitum, Bryonia, Chelidonium, Ipecacuanha, Phosphorus, Scilla, Tartarum emeticus, Veratrum album, Veratrum viride.*

CHRONIC. *Ammonium carbonicum, Arsenicum album, Kreosotum, Rhus toxicodendron, Sulphur.*

CROUPOSA. *Antimonium sulphuricum aureum, Belladonna, Bryonia, Iodine, Kalium iodatum, Mercurius solubilis, Lycopodium, Phosphorus, Rhus toxicodendron, Tartarum emeticus, Tuberculinum.*

RHINITIS, ACUTE. *Arsenicum album, Allium cepa, Euphrasia, Gelsemium, Graphites, Hepar sulphuris, Ignatia, Kalium iodatum, Lachesis, Lycopodium, Magnesium carbonica, Magnesium solubilis, Mezereum, Natrum muriaticum, Nux vomica, Pulsatilla, Ranunculus, Rhus toxicodendron, SABADILLA, Sanguinaria, Scilla, Staphisagria, Sulphur.*

CHRONIC. *Acidum nitricum, Argentum nitricum, Baryta carbonica, Calcareea iodatum, Carbo vegetabilis, CINNABARIS, Graphites, Hepar sulphuris, Iodine, Manganum carbonicum, Mercurius corrosivus, MERCURIUS IODATUM FLAVUS, Sepia, Silica, Spigelia, Staphisagria, Stramonium, Thuja.*

NERVOUS. *Argentum metallicum, Arsenicum album, Kreosotum, SABADILLA.*

TRACHEOBRONCHITIS. *Bryonia, Euphrasia, Ipecacuanha, Phosphorus, Rumex, Coccus, Drosera, Eupatorium.*

If there is any difficulty in securing the ORKA remedies recommended in this book they can be obtained from the manufacturers, the Homœopathic Supply Company, 128 Frimley Road, Camberley, Surrey.





HEADLEY BROTHERS  
109 Kingsway, London, W.C.2  
and Ashford, Kent