

DR. GRIMMER: This is a good remedy; Madame President, to study along with *Aloe* and *Muriatic acid*. I don't think the doctor stressed very much the blueness of the mucous membranes.

DR. STEVENS: I spoke of it but I didn't stress it.

DR. GRIMMER: It extends into the rectum but also into the throat.

DR. WHITMONT: I have had a very rewarding case of *Æsculus* prescribed on a symptom I do not exactly recall now. It was either worse or better from cold or warm application. Do you recall which?

DR. GRIMMER: Better by warm application.

DR. WHITMONT: That is right—in contradistinction to *Aloe*. For several weeks after the remedy was given, this patient developed a violent though painless intertrigo filling out the whole space between the anal folds. I have never found it anywhere listed as a symptom.

DR. GRIMMER: I don't recall it.

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HOW TO CURE AT SIGHT

A STUDY OF DIFFERENT TYPES OF PATIENTS

By J. ELLIS BARKER

Occasionally one finds in homœopathic literature statements such as the following: "At the moment when I was leaving my consulting rooms a patient came in who started a long description of his troubles. I had no time to listen to him, but as he looked *Nux vomica* through and through I stopped his talking, gave him a box of *Nux vomica* 3x and told him that I had no time to attend to him and concluded: Take a dose three times a day and come and see me in a week. After a week he came back, full of gratitude, for he had completely recovered and he could not understand how I had cured him without his telling me his story and without a physical examination." Every competent homœopath has performed many "at sight" cures. In fact, any one who has studied the *Materia Medica* can

do so. The ability to spot immediately the indicated remedy is, of course, of the greatest value because it saves time. Besides it increases very greatly the prestige of the practitioner. Let us then study by a few examples how this feat is done.

Nux vomica

The *Nux vomica* patient is, as a rule, dark eyed, dark haired, dark skinned, often swarthy, very irritable, fidgety, constipated and looks it, liverish, inclined towards diseases of liver and gall-bladder, is fond of condiments, spices, alcohol, tobacco, dislikes the open air, works hard in an office or in a study, is impatient, upset by noises, odours, quarrelsome : is largely a men's remedy.

Pulsatilla

Is diametrically the opposite of *Nux vomica*. Is largely a women's remedy. The *Pulsatilla* patient is usually blond, blue eyed, fat, flabby, looks and is kind and affectionate, has full lips which the French call *lèvres de bonté*, loves the open air in almost any weather, cries very easily, moods change suddenly, is catarrhal, sleeps with hands high, often above the head, wakes with a dry mouth and bad taste but is thirstless, menstrual periods are delayed and scanty, there is usually a bland leucorrhœa between periods. An energetic looking official consulted me and he wept when telling me his symptoms. A single dose of *Pulsatilla* 200 cured him. The manageress of a big hotel wanted my advice. Looking at her fat and flabby figure and her full lips I immediately asked her : "Do you cry easily?" She wept hysterically and exclaimed : "You should not have asked me that question" and rushed out of the room.

Chamomilla

The *Chamomilla* patient is as irritable as the *Nux vomica* patient but he is also unreasonable and restless. The *Nux vomica* patient may be furiously angry with little

cause but his outbreaks are calculable—*Chamomilla* patients are incalculable. That is particularly seen in children. The *Chamomilla* child shrieks for her doll and throws it at you, then yells for her milk and pours it on the floor and she refuses to be quiet except by being carried about the room. Excellent for naughty children and for grown ups who behave like naughty children. Excellent in teething troubles. One cheek red but the other pale and cold.

Phosphorus

The *Phosphorus* patient has an ultra-delicate, silky skin which cannot bear the strong sun, usually blue eyes, flashing teeth, an aristocratic nose with small nostrils, blond or red hair, a slender figure, narrow chest, tapering fingers, the type of English and Irish beauty, bleeds easily and heavily, bright blood, has heavy menstruation, dislikes hot food and drinks, thunder in the air upsets. Patients of this type incline towards tuberculosis.

Sulphur

The appearance of the *Sulphur* patient is the exact opposite of the *Phosphorus* patient. He has an impure complexion and body skin with eruptions of every kind of pimples, boils, acne, carbuncles, etc., looks unwashed and neglected, even his clothes look neglected, slouches, feels always too hot, puts his feet out of bed on hot nights, occasionally even in winter, offensive eructations, is very argumentative.

Arsenic

While the *Sulphur* patient is dirty, neglected, untidy, the *Arsenic* patient is very tidy, particular and fastidious. He is well dressed and well groomed, his clothes are neatly folded at night, the objects on the dressing table must always be in their absolutely correct place, he cannot go to sleep if a picture on the wall is not straight. He is

restless, cannot repose or relax, craves heat, sits on top of the fire, eats and drinks far too hot, all his troubles are relieved by heat, often dislikes salads and raw fruit.

Sepia

The *Sepia* patient, male and female, suffers from bearing down of the inner organs, stomach, womb, intestines, bladder and looks it. He is usually jaundiced, has lost weight, looks and is depressed and melancholy, often has deep furrows of suffering at the sides of his mouth, quarrels with his fate, with his wife and family, wants to run away from them, sits habitually with legs crossed, loves energetic exercise.

Natrum muriaticum

The *Natrum muriaticum* patient is, as a rule, poorly nourished, pale, often jaundiced, depressed, very chilly, has a dry nose and dry mouth, dry bowel, mucous membranes and constipation, has a greasy face, greasy scalp, has a craving for salt, a mapped tongue, blisters on the lips, headaches from sunrise to sunset, often a deep crack in middle of lower lip, cannot make water when people are near. Mr. L., a big and very athletic man, complained to me about numerous troubles and he told me incidentally: "I cannot make water if anyone is near. If I go into a public lavatory and there is no one else I can do it, but if anyone comes in the bladder comes to a stop." The only remedy which has that peculiar symptom is *Natrum muriaticum* which I prescribed for him. In a few months his chest, stomach, bowels, eyesight, etc., were normal and he could use freely the public lavatories.

Hepar sulphuris

The *Hepar sulphuris* patient is hypersensitive. He cannot stand draughts, cannot bear pain, cannot wear woollen underclothing, is hypersensitive to what people say and think of him, has poor healing flesh, has most

painful boils and pimples, loves spices and condiments, loves particularly vinegar which he will drink neat. The impurity of the skin of the *Hepar sulphuris* individual resembles that of the *Sulphur* case.

Silica

The practitioner, when meeting a patient, usually shakes hands with him. Hands are very significant. They tell many tales worth knowing. There are the slender, tapering, aristocratic fingers of the *Phosphorus* type, the sweaty, chilly hands of the *Calcarea carbonica* type, the grubby hands of the *Sulphur* types. The *Silica* hand has the peculiarity that the nails are often chalky with white spots on them and that the hands themselves are icy cold and sweaty. The *Silica* patient has sweaty and occasionally horribly malodorous feet, skin of fingers and between the toes cracks, every hurt festers, head is cold in bed, so patient wraps up his head with the bed clothes or wears a cap, has headaches which start at the top of the spine and extend to forehead, suffers from fistulas, physical and mental strain causes him to give out.

Calcarea carbonica

The *Calcarea carbonica* type has cold, clammy hands and feet, often a swollen upper lip, is fat, flabby, chalky complexion and body skin, offensive breath, swollen neck glands, children are rickety with big heads, open fontanelles, bandy legs, large hard abdomen, tardy teething and walking, soft bones.

Calcarea phosphorica

Patients needing *Calcarea phosphorica* have an entirely different appearance from the *Calcarea carbonica* type. They look and are flabby but, though flabby, are not fat but are rather thin and delicate, resembling the *Phosphorus* type. They have cold hands and feet, have thin and weak, often brittle, bones, ankles are weak, teeth develop late in

life and decay rapidly, they suffer with swollen tonsils and adenoids. While the *Calcarea carbonica* child is fat and flabby, the *Calcarea phosphorica* child is thin and scrawny and suggests actual or incipient tuberculosis.

This is only a small selection of the types which the experienced homœopath can successfully treat almost at sight and every student can easily acquire this very valuable knowledge by studying the *Materia Medica* and the people he meets.

—Heal Thyself, June, 1947.

EXCERPTS FROM "RUECKERT'S CLINICAL EXPERIENCES"

TRANSLATED BY S. W. S.

(Continued from Page 381)

MALARIA

50. Man of 20, robust, has suffered from quartan malaria for several weeks. After an attack he was given one dose of *Arsenicum* 30c. without result for three days; then he took *Arsenicum* daily for three days followed by the last and mild attack. No relapse. (Thorer.)

51. Woman of 28, strong, sanguine, has always been well till now, developed gastric symptoms, and now has malaria. Symptoms: During apyrexia has pressing frontal headache with throbbing in temples. Vertigo when sitting up in bed; if she stands up staggers as if drunk. Patient lies in bed in a condition of apathy, does not care to speak, is hard of hearing, pupils dilated; eyes burn without being red. Lips and tongue dry; thirst; pain in throat. Pappy taste of food. Despises sweets. Short, dry cough caused by irritation under sternum; rarely salty expectoration. Legs feel heavy. Fever in afternoon with shivers and cold