



# Homeopathic Preventive Medicine

A Shield for Good Health & Strong Immunity

Second Edition

**Frederick L. Compton**

# HOMEOPATHIC PREVENTIVE MEDICINE

*A Shield for Good Health & Strong Immunity*

by  
**Frederick L. Compton**

**Second Edition**



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## HOMEOPATHIC PREVENTIVE MEDICINE

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*This book is dedicated to the memory of*

**JOHN McDONOGH of  
New Orleans**

*whose life of self-denial resulted in secret education  
and freedom for his slaves, establishment of Liberia,  
gift of a public school system for New Orleans and  
McDonogh School for Baltimore orphans.*

# **PUBLISHER'S NOTE**

The term prophylaxis refers to medical or public health measures taken in order to prevent disease or health problems, rather than to treat or cure an existing condition. Prophylaxis is also a way to stem an outbreak of disease, or minimize the symptoms of someone who has been exposed to a disease or virus. This manual provides the information necessary for the treatment and prevention of common and uncommon diseases by homeopathy.

This work is an outcome of the experience of the masters & the author himself on homeopathic prevention of infections, surgical conditions & other acute complaints. Homeopathy has a long history of effective disease prevention and cure through homeopathic remedies. This book covers a wide range of diseases with their prophylactic homeopathic prescription. This book is organized in alphabetical order for quick and handy reference. This book lists over 200 illnesses and provides brief descriptions and suggested homeopathic treatment for each one. It suggests remedies for each of the diseases and also dosage and potencies for each.

In today's time when medical bills are always a heavy toll on our pockets, this book on prevention comes as a sigh of relief. We hope that with this work you will prevent many illnesses you would have faced otherwise.

**Kuldeep Jain**  
C.E.O., B. Jain Publishers

# HOMEOPATHIC PREVENTIVE MEDICINE

## PRIMARILY HOMEOPATHIC INTERNATIONAL IN SCOPE

Highly informative data for family, group individuals with or without medical services. Very valuable to those who, by intelligent action, can save their families thousands of dollars, much agony and perhaps even death. Rural area people could benefit tremendously by having this book.

Doctors who are not prisoners of organizations, corporations, etc., will find the data herein worth considering.

Some of the problems which can be helped preventively are:

Air-sickness	Jaundice	Pain
Cataract	Kidney Stones	Poison Ivy
Epilepsy	Meningitis	Polio
Gangrene	Migraine	Prostate
Hare-lip	Stage Fright	Side Effects
Hay-fever	Miscarriage	Tumors

## FOREWORD

“All these beautiful buildings...and we still do not know how to make sick people well”, said Dr. Alfred Worcester at the dedication of Harvard Medical School in its Longwood Avenue location. That was the statement of an allopathic physician who is obviously a true healer and not a “let’s get rich quick or lazy” Medical Merchant. Dr. Worcester is apparently my kind of person and it is for physicians like him and the general public who are above the Mencken boob element that I have written this book with the hope that they will learn and practice PREVENTIVE MEDICINE, primarily in the Homeopathic Medicine area. However, it is also hoped that, since medicine is in a state of flux and the physicians, to a great extent, are prisoners of the drug manufactures, readers will give consideration to Naturopathy, Acupuncture, Pyonex, Radiesthesia, the Koch System and Iridology. It is the author’s opinion that Iridology is beyond question the best diagnostic technique in the world. It is practised extensively in Austria and other European areas. Pyonex does a masterful job on 55 diseases—even locomotor ataxia after all other systems failed in one case this writer knows of. It is practised extensively in Germany and it is a powerful pus remover. Acupuncture is well known in the United States as a result of Reston (of the New York Times) and his writings pertinent to his appendicitis operation in China with the use of Acupuncture. Naturopathy needs little mention since it is fairly well known and in some respects it is related to Homeopathy. As for Radiesthesia, it is a sleeping giant which is being used in many parts of the world. When it is thoroughly combined with Homeopathy, Iridology, Acupuncture, Naturopathy, Pyonex, the William Frederick Koch treatment, etc. we will have a high grade medical system.

The author recognizes that there are many other medical systems in existence. He also recognizes that the system now furnished the American people (U.S.A.) is atrocious. The side effects which come from the medicine supplied by the drug manufactures are of such magnitude that the people are

in open rebellion—this is one of the prime reasons that medicine is in a state of flux. The time is ripe for a change in the quality of medical services now being furnished the citizens of the United States. The medical service supplied in the rural areas is in some instances almost nil. Who cares? Am I my brother's keeper? Is there money to be made? Will my wife put up with the ignorance in rural areas? What of my children's education in areas where the teacher are in many cases ignorant and just plain stupid?

Well obviously, this one hell of a problem and who is going to effect *substantial* not perfunctory change and how can this be accomplished? Do *you*, dear reader, have any idea? Are you just a talker, talk is cheap. Goethe said, "Thought Without Action Is A Disease"—well, maybe so but General DeGaulle said, "Anybody can live and anybody can die. The important things are, how you live and what you die for".

So, I say to you in plain words—get off your stern and begin to make the SUBSTANTIAL CHANGE! Further, I say that if in this air, soil and water polluted era you fail to act for better medical treatment and against the pollution which is ruining our lives, your children will curse you for having left them a mess of pottage.

Incidentally the royal families of Great Britain, Holland, Belgium and Norway all have homeopathic physicians. They are in a position to choose the best medical system and they have chosen homeopathy—even as have the Rockefeller, the Pitcairns, and some of the Popes.

**Frederick L. Compton**



## COMMENTS

“Homeopathy is a powerful adjunct to the practice of Surgery. The application of homeopathic remedies in my hands has repeatedly postponed either temporarily or permanently a surgical operation.” said Dr. Northrop. (See data under the “Tracheotomy” write-up). Many surgeons could repeat that statement they had less desire to use the knife and the knowledge of homeopathy possessed by Dr. Northrop. Homeopathic literature is copious and filled with case history data pertinent to exceptional cures, some of which seem to be miracles. However, *some library shelves hold much anti-homeopathic literature written by its enemies, so beware.*

Before digging into the detailing of data pertinent to the over 100 conditions which can be handled preventively from Abortion (Miscarriage) to Yellow Fever, I shall include a story pertaining to a 60 year old woman who had been operated upon for hysterectomy, gall bladder removal, then kidney and heart treatment. The University of Pennsylvania X-rays, etc., indicated that one kidney was decaying due to the fact that no blood was reaching it, thus there was coronary and renal insufficiency. The kidney stone pain was terrible, constant headache, terrible itch and a weight of 264 pounds on a 4 feet 11 inches frame. Her doctor, a kidney specialist, told her there was nothing else he could do, that there was nothing wrong with her, it was all in her head. The diagnosis said “obesity”, etc.

Homeopathic remedies promptly eradicated the itch and the headache, she soon began to urinate better, thus reducing the water in her tissues and in 8 months she was much better and losing weight at the rate of one pound per week. Suddenly she began to vomit and brought up a huge tape-worm but she was not knowing what was taking place went to the hospital. There the new doctor obtained the X-ray from the University of Pennsylvania whereupon he felt that the kidney was further deteriorated and would probably require

removal. When her X-rays were examined and certain tests given he spoke to her as follows, “we don’t know what you are in the hospital for, in fact it looks as though a miracle is taking place. One quarter of the kidney is excellent, blood is now flowing into the kidney area, you have no cholesterol and no sugar. What are you doing?”

He was told that she took vitamins, drank distilled water, ate organically grown food and took homeopathic remedies. The doctor then said, “Go home and continue what you are doing. I have never seen anything like it,” he then gave her some heart medicine.

Later it was learned that she had been drinking a gallon of water daily upon instructions from her previous doctor. Obviously, this was wrong for the one good kidney could not handle such volume. This excess water was piling up in her tissues, hence was the cause for much of the edema. Her water intake was reduced and she began to lose weight.

Hopefully, within the next year or two she will have lost much more weight, her kidney will have improved even more and she will begin to enjoy life. She is becoming quite knowledgeable in homeopathy and is learning about the remedies which prevented her trip to the grave.

A recent contact with her disclosed that over the past 2 years she has lost 86 pounds and grows food in her own garden. She uses neither crawler, crutches, or cane and will soon have two normal kidneys.

To achieve this status, she has persevered; studied the biochemical handbook covering Dr. Schuessler’s twelve tissue salts, Dr. Boericke’s “Materia Medica” and other books. Now that she is well on the road to complete recovery, she is working part time and helping others.

## **CHALLENGES**

Dr. Kent recorded in Dr. A. C. French's book "The Conquest of Disease" as saying : "...scarlet fever could be cured in 2 days, measles in 3 days, typhoid fever in 8 days and whooping cough in 14 days. Any homeopathic doctor who could not achieve these results ought to be pronounced incompetent and barred from practice." Dr. French corroborated Dr. Kent's statement. Dr. French's 1943 book is out of print.

I doubt that men have the wit to meet the challenge of the atomic age.

**Senator Arthur Vandenburg**

The truth is, we are all caught in a great economic system which is heartless.

**President Woodrow Wilson**

## INVICTUS

Out of the night that covers me, black as the pit from pole to pole,  
I thank whatever God may be, for my unconquerable soul!  
In the fell clutch of circumstance, I have not winced nor cried aloud,  
Under the bludgeoning of chance, my head is bloody, but unbowed.  
Beyond this place of wrath and tears looms but the horror of the shade,  
And yet the menace of the year finds, and shall find, me unafraid.  
It matters not how straight the gate, how charged with punishment the  
scroll,  
I am the master of my fate, I am the CAPTAIN of my soul!

**William Ernest Henley**  
**Music by Bruno Huhn**

## **SIDE EFFECTS**

Tautopathy—a sister to Homeopathy—is covered in a book entitled “What is Tautopathy” by Dr. Ramanlal P. Patel, a 1981 publication (small paperback). This relates to the side effects of the crude drugs being given by orthodox physicians, covers these items alphabetically from aspirin to vitamin K (inclusive). Cortisone (A.C.T.H.), shows 18 prime side effect and some of these 18 items have a dozen and more sub-side effects. Thus, over 100 side effects are possible from Cortisone.

Homeopathy has an antidote (A.C.T.H. in potencies 6,30 and 2000) and collaterals of Sulphur, Carbo vegetabilis, and Lycopodium to cover the faults of Cortisone.

Data covering other side effect drugs, etc., such as Amphetamines, Aureomycin, Ergatin, Phenacitin. Thalidomide, Vitamin A etc., are also in this little jewel. It may be obtained from Hahnemann Homeopathic Pharmacy, Parangot Malekal, Kodimatha, Kottayam, Kerala State, India, as for the 1981 edition.

The “Good Housekeeping Guide to Medicines and Drugs 1978 Yearbook” by Judith K. Jones, M.D. is a must for those who are concerned about side-effects.

# CONTENTS

<i>Publisher's Note</i> .....	v
<i>Foreword</i> .....	ix
<i>Comments</i> .....	xi
<i>Challenges</i> .....	xiii
<i>Invictus</i> .....	xiv
<i>Side Effects</i> .....	xv
Abortion (See Miscarriage Threatened – Pregnancy) .....	1
Abscess (See Carbuncles-Pyaemia) .....	1
Adenoids .....	2
Age Delay (See Senility) .....	3
Aggravation .....	4
Agony .....	5
Air Sickness (See Sea Sickness, Travel Sickness) .....	6
Alcoholism .....	7
Anemia .....	8
Angina Pectoris (See Heart) .....	8
Apoplexy .....	10
Appendicitis .....	16
Arteriosclerosis .....	23
Arthritis .....	24
Asthma (See Hay Fever) .....	26
Atherosclerosis .....	27
Bacillium .....	28
Bacteria .....	28
Bed Sores .....	28
Birth (Premature) .....	29
Bleeders .....	30
Blood Carbonates .....	30
Blood Clots .....	30
Blood Poisoning .....	32

Blood Pressure .....	34
Boils (See Furuncles).....	35
Bowel Nosodes .....	36
Brain Disease .....	37
Bronchitis .....	38
Bubonic Plague .....	38
Burns and Scalds .....	40
Calculi .....	40
Cancer .....	41
Car Sickness .....	45
Carbuncles (See Abscess) .....	45
Cataract .....	46
Catheter Fever .....	48
Chicken Pox (Varicella).....	48
Children .....	49
Cholera .....	49
Colds (See Influenza) .....	52
Constipation .....	56
Constitution .....	57
Death .....	58
Decalcification .....	59
Diabetes .....	60
Diagnosis .....	61
Diet .....	62
Diphtheria .....	64
Diverticulosis .....	66
Dosage .....	67
Dysmenorrhoea.....	68
Edema .....	69
Effusion Threatening .....	70
Emaciation .....	71
Embolism .....	72
Encephalitis .....	75
Epilepsy .....	76

Erysipelas .....	76
Euthanasia (See Agony - Pain) .....	77
Exhaustion .....	79
Eye .....	79
Fatigue (Physical & Mental) .....	79
Fever .....	81
Fingers .....	83
Food (See Diet) .....	84
Foot and Mouth Disease .....	84
Friedreich's Disease (Ataxia) .....	85
Frostbite .....	85
Fungus .....	86
Gall bladder .....	87
Gangrene .....	88
Gas .....	89
Glands .....	89
Goitre .....	90
Gout .....	90
Hair .....	91
Hair Analysis .....	91
Harelip .....	92
Hay-fever (See Asthma) .....	93
Heart (See Angina Pectoris - Death) .....	94
Heartburn .....	97
Hemorrhage .....	97
Hepatitis .....	98
Heredity .....	98
Hernia .....	98
Hiatal Hernia .....	99
Hoarse .....	100
Hodgkin's Disease (See cancer) .....	101
Homeopathy .....	101
Horse .....	101
Huntington's Chorea .....	102



Hydrophobia (Rabies) .....	103
Hypertension .....	103
Hypodermic Injection .....	104
Hysterical Fits .....	106
Icterus Neonatorum .....	106
Imbecility .....	107
Immunity (See Preventive) .....	108
Infantile Paralysis (Poliomyelitis) .....	109
Infants (See Birth - Icterus Neonatorum, Spasms or Convulsions)	109
Infection .....	109
Influenza (See Colds) .....	110
Inheritance .....	116
Insect repellent .....	117
Iridiagnosis (Reveals Inherited Diseases Taints, etc.) .....	117
Jaundice (See Icterus Neonatorum) .....	122
Joints .....	123
Kidney Stones .....	123
Labor (See Birth) .....	125
Laetrile .....	126
Laryngitis (See Throat) .....	126
Lead Poisoning .....	126
Lockjaw (See Tetanus) .....	127
Lumbago .....	127
Lung .....	128
Malaria .....	129
Mastoid .....	130
Measles (German) .....	130
Measles .....	132
Meat Craving .....	133
Melancholia .....	133
Memory (Loss of) .....	134
Meningitis (See Tubercular Inheritance) .....	134
Menstruation .....	135
Mercurius Cyanatus .....	135

Migraine .....	136
Miscarriage-Threatened (See Abortion) .....	136
Morphine .....	142
Mosquito Bite .....	142
Mumps .....	143
Muscles (Cartilage, Joint, Ligament, Nerves, Tendons) .....	144
Muscular Dystrophy .....	144
Mustard .....	145
Nerves .....	145
Newborn (See Icterus Neonatorum) .....	146
Otorrhea .....	146
Pain (See Agony - Surgery) .....	146
Paralysis .....	149
Paranoia .....	149
Parkinson's Disease .....	149
Pectin .....	150
Perforation (See Mercurius Cyanatus) .....	150
Phlebitis .....	150
Plague (Black - White - Pneumonic) .....	151
Pleurisy .....	154
Pneumonia .....	155
Poison Ivy .....	156
Poliomyelitis (See Infantile Paralysis) .....	157
Potency .....	158
Pregnancy (See Abortion - Labor - Miscarriage) .....	159
Prescribing Helps .....	160
Preventive (See Immunity - Prophylactic) .....	161
Prophylactic (See Immunity - Preventive) .....	166
Prostate .....	168
Pus (See Infection) .....	169
Pyæmia (See Abscess - Blood Poisoning) .....	169
Quinsy (See Throat) .....	169
Rabies (See Hydrophobia) .....	170
Rachitis (Rickets) .....	170

Reaction (See Aggravation - Dosage - Potency) .....	170
Rheumatic Fever .....	171
Rhinitis (See Colds) .....	171
Running (Splenalgia) (See Athletic Exertion) .....	171
Scarlet Fever .....	172
Scars .....	176
Sea Sickness (See Travel Sickness, Air Sickness) .....	176
Senility (Dementia - Alzheimer's Disease) .....	177
Sepsis .....	180
Shingles .....	180
Side Effects .....	181
Small Pox (See Vaccination - Variola) .....	193
Snake Bite .....	195
Spasms or Convulsions (See Birth - Labor) .....	198
Sprains (Tendency to) .....	201
Stage Fright (See Examination Funk - Fatigue - Brain Fag) .....	202
Stroke .....	202
Strontium 90 .....	203
Strychnine .....	207
Stye .....	207
Suffocation .....	208
Sulphur .....	208
Sunstroke .....	208
Suppuration .....	209
Surgery .....	209
Sweat .....	211
Syphilis .....	211
Teeth .....	211
Temper .....	217
Tetanus (See Blood Poisoning - Lockjaw) .....	218
Throat (See Laryngitis - Quinsy - Tracheotomy) .....	219
Thrombosis (See Apoplexy - Blood Clot - Embolism) .....	220
Thyroiditis .....	220
Tonsillitis .....	221

Tracheotomy (See Surgery) .....	222
Travel Sickness (See Air Sickness, Sea Sickness) .....	223
Tubercular Inheritance .....	223
Tubercular Meningitis .....	224
Tuberculosis .....	224
Tumors (See Cancer) .....	225
Typhoid Fever .....	227
Typhus .....	228
Ulcers .....	229
Urinary Problems .....	229
Vaccination (See Small-pox).....	230
Veins (Varicose) .....	231
Warts .....	232
Whitlow .....	232
Whooping Cough .....	232
Worms .....	234
Wounds .....	235
Yellow Fever .....	236
Therapeutic Hints for students of Homeopathy .....	239
Suggested Remedy Supply for a family – group.....	248
Dr. Edward Bach's Remedies .....	252
Recommended Homeopathic Books .....	253
Sources of Remedies (and some books) .....	255

*An alphabetical arrangement of the diseases, conditions, etc., which may be considered for PREVENTIVE Homeopathic treatment.*

## JOINTS

Dr. Dewey suggests *Guaiacum Officinale* to PREVENT joint deformation. See Muscle data. *Bryonia Alba* (10M) may stave off joint deformation.

## KIDNEY STONES

Following medicines are indicated during cease of colic:-

*Lycopodium Clavatum* 200 - Red sand in urine.

*Urtica Urens* Q - With uric acid in blood.

*Phosphoric Acidum* 6 - Urine milky due to presence of phosphates.

*Oxalic Acidum* 30 - Urine contains oxalate of lime.

*Sarsaparilla* 30 - Gassy urine, with sand pus and mucus.

“Dr. John Paterson often said that **MORGAN-GAERTNER** was invaluable in Kidney Stones and had *avoided* operations,” British Homeopathic Journal, October, 1966. This is one of the *Bowel Nosodes*. This author almost always checks Dr. Elizabeth Paterson’s pamphlet, “A Survey of the (Bowel) Nosodes” prior to recommending any remedy. These bowel nosodes replace the intestinal Nora knocked out by anti-biotics and clear the track for Homeopathic remedies to function better. In some instances, they cure on their own. One dose for 3 successive days is my practice. No more for atleast 3 months if it is felt more is needed. On the 4<sup>th</sup> day, the Homeopathic remedy chosen is then given. As to *Prevention*, not much is known.

Dr. A.W. Maury’s book, “Drainage in Homeopathy”—a recent translation from the French, gives data re use of **PAIN PREVENTION** via use of *Berberis Vulgaris*. It lessens the sensitivity of the ureter walls so that the Kidney stones cause less pain when passing through. This author cured a Kidney Stone case in one hour. In another case with a larger stone *Berberis* moved it then the patient went for operation. Would *Berberis* have complete the job or another remedy be called for.

Dr. John H. Clarke (“The Prescriber”) writes as follows : “*Prevention* gravelly urine, back and loin pain (*Berberis Vulgaris* – Mother tincture) 6 hourly. Tendency to store uric acid in the tissues; gouty subjects – *Urtica Urens* – mother tincture, gtt. V., every 8 hours. Drink distilled water.” See also Burnett’s “Gout” book.

J.H. Oliver in “Proven Remedies” writes : “To PREVENT Kidney stones, never consume venous blood. BOIL all meat and fish and throw the water away. Boiling does not destroy the nutrient value.” *Herbal* : Parsley Water. One pint of water, boil with one ounce of Parsley for hour. Strain. Dose is a wineglassful every 3 hours. Pain ceases. Stone is removed. *Biochemical* : *Natrium Phosphoricum* 3X, *Natrium Sulphuricum* 3X, *Calcarea Phosphoricum* 6X, *Silicea* 12X. For pain, use *Magnesia Phosphoricum* 12X as for *sciatica*.

Dr. George Royal in textbook “Homeopathic Theory and Practice of Medicine” indicates that the remedies which have produced and can remove and PREVENT return of renal canuli are not many *Lycopodium* heads the list; *Lithium Carb.*; *Calc. Carb.*; *Calc. Renalis*; *Asparagus off.*; *Oxalic acid*: *Sarsparilla*; *Phosphorus* or *Phosphoric acid*: *Phos*. See the book for details covering the reasons for choosing the proper remedy. *Auxiliary Treatment* : To relieve pain **FIRST** – hot tub baths or hot fomentations over the kidney region. Drink large amounts of water at intervals.” This writer has knowledge of a case where doctors advised a woman to drink many quarts of water. That advice was wrong in her case, for only one kidney was working, and it could not handle all that water with the result that the water invaded the tissues thereby creating edema. She lost 20 pounds when the excess water intake was topped. Diet and exercise are essential. Data from Dr. Hans Sylvester of Philadelphia.

*Phaseolus* (24X) taken for a week *once yearly* is recommended by Eric Powell in his book “The Natural Home Physician” as a PREVENTIVE. In rare cases, headaches or diarrhoea may occur, although this is unlikely if directions are followed. If these troubles occur, go to the crude homemade liquid since it will not likely give the headaches, etc. See Boericke’s “Materia Medica.” Details are given as to the making of the remedy from fresh bean pods. Dr. Clarke considers this remedy IMPORTANT.

## LABOR

If painful labor is feared, *Arnica Montana* 30 and *Calcarea fluorica* 6x, twice daily during the last two months of pregnancy.

*Kalium phosphoricum* 12X - One dose on alternate days for a few weeks before child-birth will ensure quick and easy delivery.

(See Birth – Pregnancy - Spasms and Convulsions) Dr. George Royal (“Textbook of Materia Medica”) states, in effect : *Cimicifuga Racemosa*. The reputed use of *Cimicifuga* given for a few weeks *before child-birth* to make labor easier has some foundation in facts. I made a special study on about 500 cases, when in charge of the Benedict Home, and am convinced that its use shortened the time and lightened the sufferings of labor. I gave 5 drops of the 3<sup>rd</sup> or 6<sup>th</sup>, night and morning for about 3 weeks prior to delivery. Since Dr. Royal was a Professor in the State University of Iowa (U.S.A.) for 28 years, hence operating in an american atmosphere, it is probable that the 3<sup>rd</sup> or 6<sup>th</sup> means 3X or 6X potency.

Eillis Barker of England in his book “Miracle of Healing” stated : Mother saved trouble, forceps delivery, hours of suffering, and prolonged labor with its increased danger for the child. She had been taking *small doses of Caulophyllum Thalictroides* daily for a month before.”

Donald law in his book “A Guide to Alternative Medicine” indicates the *violet colors* are used to ease childbirth, which is to say it lessens the pain.

Dr. Foubister in the reprint of his article in the British Homeopathic Journal of October, 1962, says that *Caullophyllum* 6 or 30 given one dose daily for 3 weeks *before* childbirth has a reputation for making labor quick and easy. Since this is British data it is probable that 6 or 30 means 12X or 60X.

## LAETRILE

An allegedly antineoplastic drug but its effect is unproven.

(Vitamin B-17) See Cancer. I have not examined the situation with respect to Laetrile therefore my mind is open. However, since I am familiar with the American Medical Association, certain drug companies and the Sloan-Kettering operation (via “The Cancer Syndrome”—which you may see in most libraries) it is probable that Laetrile may *not* be the nostrum which some say. In fact, it may have some worthwhile attributes. It is my understanding that it is an extract of apricot pits.

## LARYNGITIS

*Aconitum Napellus*, *Bromium*, *Spongia Tosta*, *Iodum*, *Kalium Bichromium*, *Hepar sulphuris*, etc., are some of the remedies for acute laryngitis.

(See Throat) Dr. A.W. Dewey (Dr. Varadhan’s Clinical Tips”) indicates that **GUAIAECUM OFFICINALIS** in the second and third has **CUT SHORT** a large number of cases of Acute laryngitis in patients accustomed to have long seizures from similar sufferings.

## LEAD POISONING

*Opium 2X*, *Alumen 30*, *Kalium Iodatum Q*, *Sulphuric Acidum 3X*.

Prevention Magazine’s booklet “Fabulous Fiber” (1976) states, “It has been known for more than a hundred years that the ingestion of **PECTIN** can **PREVENT** lead poisoning. The action of pectin has particular relevance to us



today (1977) living as we are in a polluted environment. Dr. Glenn H. Joseph In ‘Nutrition Research’ (Sept. 1955) writes “during the process of digestion, PECTIN is transformed into galaturonic acid, which has the property of combining with certain heavy metals into insoluble metallic salts. These salts **CANNOT** be absorbed into the system and are thereby excreted.” See Louis Kervran’s “Biological Transmutations”.

## LOCKJAW

*Belladonna, Cicuta Virosa, Nux Vomica, Strychnium Purum, Angustura Vera, Hydrocyanic Acidum* are some of the leading remedies.

(See Blood Poisoning – Spasms and Convulsions – Tetanus –Wounds)

“*Hypericum Perforatum* PREVENTS lockjaw,” Dr. Boericke’s “Materia Medica”.

“When the ends of the fingers or toes are lacerated or bruised by a blow from a hammer and the pain can be traced up along the nerve toward the body, stitching and darting, coming and going, then by all means use *Hypericum Perforatum*. It is the remedy that will PREVENT lockjaw, for which your patient is certainly headed,” Dr. Charles C. Waltenbough.

## LUMBAGO

*Natrium Muriaticum* 200 – Better from lying on back or on hard thing.

*Cobaltum Metallicum* 30 – After emissions aggravated sitting.

*Nux Vomica* 30 – Has to sit up so as to turn in bed. Worse morning (Ruta).

*Berberis Vulgaris* 30 – With kidney disease, or post-operative pain.

*Antimonium Tartaricum* 30 – Violent pain, with sweating and drowsiness.