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Articoli/Articles

HOMEOPATHY: FROM HAHNEMANN TO THE PRESENT

ALICE TAMACCIO, Ed. D
Department of Science and Mathematics
University of La Verne, Athens, Greece

SUMMARY

HOMEOPATHY: FROM HAHNEMANN TO THE PRESENT

The foundations and philosophical underpinnings of Homeopathy are discussed within the framework of a nineteenth century medical controversy. During this era, Hahnemannian doctrine rose in response to the need for conservative healing practices yet faced a decline as key spokesmen of orthodox medicine successfully articulated its shortcomings. These historical events relegated Homeopathy to the status of an eclectic medical art. Its greatest discoveries and contributions, such as the medicinals founded by Hahnemann and the attitude of patient education have become incorporated into modern day medical practice.

Introduction

«It would be difficult to cite any proposition less obnoxious to science than that advanced by Hahnemann: to wit, that drugs which in large doses produce certain symptoms, counteract them in very small doses, just as in more modern practice it is found that a sufficiently small inoculation with typhoid rallies our powers to resist the disease...» (George Bernard Shaw, *The Doctor's Dilemma*, circa 1906)

These words made by G.B. Shaw at the turn of the century reflect the main premise which undergirds the practice of homeopathy. Hahnemann introduced a radical medical system completely antagonistic to the prevailing orthodoxy of the day.

Parole chiave/Key words: Homeopathy - Hahnemann's System - Nineteenth Century Medicine - Hahnemann - Homeopathy, History of.

His ideas fomented a struggle between physicians which lasted through the nineteenth century, giving impetus to the formation of the American Medical Association (AMA) as well as a new empiricism in medical therapeutics.

This article delineates the historical background of homeopathy in an attempt to grapple with the factors attributed to its rise and subsequent decline. The controversy incited by Homeopathy is exposed. The author maintains that the system originated by Samuel Hahnemann has become virtually obsolete owing to technological innovation, political oppression, and social antagonisms. Despite its decline, a somewhat modified, attenuated version remains extant.

Modern homeopaths predict a resurgence, but the essential element to Hahnemannian doctrine is obsolete; this lies in the method germane to its theory of «succussion» of a drug. It is this process of dynamization, if you will, which infuses the remedy with the «Vital Force» as the remedy is being further diluted or potentized. Hahnemann's practice of giving two shakes *by hand* after each trituration has been replaced by machine, replacing man in his role of energizer, i.e. the person who imparts the spiritual quality or force which comprises the healing power of the drug.

Further elucidation of these points will be attended to in subsequent detail. This article will cover a biographical sketch of Samuel Hahnemann, his theory and philosophy, historical considerations, the conflict in nineteenth century medicine, the system of therapeutics, and its current status.

Hahnemann — A Biographical Sketch

Samuel Hahnemann was born the 10th of April, 1755 at Meissen, in Cur-Saxony, Germany¹. His parents are described as «poor»; his father, a painter in porcelain manufacture. He seemed to thirst for knowledge, often locking himself in a room to solve problems. His father, however, opposed to his studies,

often withdrew him from school. The rector took interest in giving him a great deal of support. He left home to attend the University at Leipzig in 1775 with 20 crowns in his pocket, the last money he ever received from his parents. Unfortunately, he was robbed of most of it and had to support himself by giving lessons and making translations.

Dr. Blackie states that he was proficient in eight languages, and by the age of 20 he was an accomplished linguist². By abstemious habits and exertions, he contrived to save sufficient money to carry him to Vienna, where he studied under Dr. Quarin and practiced in the hospitals for two years. However, necessity compelled him to accept the offer of Baron Von Bruckenthal, Governor of Transylvania, to accompany him to Hermanstadt, as his private physician, librarian, and superintendent of a museum of coins. From Hermanstadt he went to Erlangen, where he took his degrees of M.D. on 10th of August, 1779³. He was offered a governmental position of District Physician at Gommern, and it was here that he married Henrietta Bucklerlin, the daughter of an apothecary in 1782⁴. In 1789, ten years after obtaining his degree, he moved to Leipzig where he made many important discoveries which gained his reputation in Europe while he renewed his studies in medicine, chemistry, mineralogy, and translations.

He was the first to observe that cinchona (Peruvian Bark), a well-known remedy in cases of intermittent fever (malaria; ague), when taken by persons in sound health produced a disorder similar to the disease but he was not certain since the district where it occurred was malarious. To be assured, he «took a quantity of the drugs, and was inexpressibly gratified to find himself severely attacked by the disorder»⁵. So began his task of testing a great number of drugs, establishing a «species of code», comparing his symptoms or effects of the drug with symptoms of well known diseases. His disciples, volunteers, or friends also engaged in the tests or provings and mutually compared notes. This was his Empirical Method — it was the origin of his axiom «*Similia Similibus Curantur*» for his new system of

cure. The term *Homoeopathy* is derived from Greek *ομοιος* meaning similar, *πάθος* translates feeling or suffering. His «like cures like» doctrine is simply this: «That diseases can be cured by small doses of those remedies which subject»⁶.

In contrast, Allopathy differs distinctly as a system of medicinal practice involving use of medicines which produce effects different from those of the disease treated; a term erroneously used for the regular practice of medicine by physicians⁷. This term was started by the homeopaths. Allopathic empiricism includes the testing of animals but the homeopaths tested humans.

Hahnemann's Discoveries

Hahnemann and his followers tested thousands of plant substances on themselves and recorded their effects. However, he is not credited with the discovery of cinchona bark in the treatment of malaria. According to William Hubbard (president of Upjohn), it has «been incorrectly attributed to the Indians... it originated in South America... probably discovered by the Jesuits»⁸. It was while Hahnemann was translating Cullen's (Scottish Professor of Medicine) *Materia Medica* that he began testing quinine and he disagreed with Cullen's explanation⁹.

Hahnemann was discontented and violently opposed to the medical therapeutics of his day. He verbalizes his attitude by the following statement in his *Organon*, (Greek, «the means»),

«It was high time that the Allwise Creator and Benefactor of mankind commanded these horrors to cease, and called into existence a healing art which, as the opposite of the former, should save the strength of the patient and restore his health by means of mild and a few remedies, administered... the finest doses, according to the only natural law of cure: *similia similibus curantur*; without wasting the vital force and substance by emetics, protracted sweeping out for the bowels (purges), warm baths,

sudorifics, or salivation; without burdening the sufferer to the verge of incurability with new chronic drug-diseases, without shedding the heart's blood (phlebotomy), and without weakening and torturing by painful revulsives; (leeches, cathartics) by assiduously urging the use of wrong debilitating medicines of qualities unknown to the prescriber; without the abuse of violent palliatives, according to the motto, *contraria contrariis*, thus placing the horse behind the cart, after the fashion of merciless routine that leads the way to the grave instead of recovery»¹⁰.

Hahnemann's first published case was one of «colicodynia», cured by administering *veratrum album*. Vincristine is a derivative used today for treating cancer. The next case noted (in 1799) was scarlet fever; the eruptions of which he had observed in children who ate berries of the Belladonna plant. Many German physicians tried it as a preventive: out of 3747 persons exposed to the infection only 91 succumbed to the disease¹¹. As a result of the war of 1812 in Russia, he treated 180 cases of typhoid; only one died¹².

«He spent his whole life, after the age of 45, in the utmost selfabnegation, giving up everything, denying himself everything, in the cause of humanity... some physicians poison their patients by experiments in the interest of science; but Hahnemann poisoned himself to perfect the system he was promulgating. He left a record of no less than one hundred and six medicinal substances which he had experimented on his own person»¹³.

Hahnemann published his *Organon* in 1810; it contains 292 aphorisms which explain his system of therapy. His medicines are contained in his «*Materia Medica Pura*», 1811, second edition, published in Dresden, in 1822. In 1828-30, he published the «*Treatise on Chronic Diseases*», which includes his symptoms and those of his provers, and ancient sources. Three years later (1830-1833), his third edition of *Materia Medica* was published.

Cleave's biography leaves us with the impression that Hahnemann was a dedicated humanitarian, persecuted for his beliefs.

It has been noted that he had cured some eminent persons which roused the jealousy some physicians. His theory of the infinitesimal dose posed a possible threat to the apothecaries since he prepared and mixed his own remedies. The medical profession discovered an obsolete law forbidding physicians to dispense medicines; thus obliging Hahnemann to relinquish a profitable practice in Leipzig. Wolf notes further on this law, stating, «if he is obliged to prescribe his recipe regularly, he will be more careful, and also be prevented from injuring the patient, by the control of the apothecary, who, acting as third party, is a check»¹⁴.

It was this Apothecaries law that prevented quackery and protected the public. Homeopaths were accused of having a profit motive by circumventing the apothecaries. In Berlin there were 28 apothecaries for 250,000 people. Their number was limited in proportion to the population, and they were obliged to have large stocks of drugs on hand (many deteriorated rapidly) as well as laboratory facilities¹⁵. As a result of this oppressive law which generated a climate of prejudice, Hahnemann moved to Anhalt-Coethen, finding refuge with the Duke who became his friend.

In 1831 Hahnemann suggested camphor for the cholera epidemic that raged Eastern Europe. According to Blackie¹⁶ he published four pamphlets on infection at no fee for himself. One of his pupils at Leipzig tried it on 150 cases and lost six opposed to the allopaths who treated 1500 and lost 821.

These cures led to *TRIALS* of Homeopathic remedies in Russia, with good results as well in Vienna at the hospital of the Sisters of Charity. His fame spread throughout Europe, and thousands flocked to him from abroad. At the age of 80 he married a wealthy Mademoiselle Marie Melonie D'Hervilly-Gohier, who was suffering an incurable pulmonary ailment. Upon her cure they married; she being 45 years his junior. She helped her husband to perfect the system¹⁷. He lived in Paris until his death on July 2nd, 1844, at the age of eighty-nine.

Theory and Philosophy: The Hahnemannian Doctrine

Hahnemann's diagnosis is based on the observation of symptoms. In Section 7 of his *Organon* he states:

This outwardly reflected image of the inner nature of the disease, i.e. of the suffering vital force, must be the chief or only means of the disease to make known the remedy necessary for its cure, the only means of determining the selection of the appropriate remedial agent.

This method of diagnosis still exists for today's homeopathist; he may use laboratory tests but this is a seldom occurrence. In Hahnemann's words he uses «sense-perception». His three cardinal doctrines are: 1) like cures like, 2) an infinitesimal dose is most effective in enabling the vital force to combat the disease naturally, and 3) the majority of all chronic diseases are caused by «Psora». The origins of chronic diseases are psora, syphilis and sycosis. Psora is

the indelible taint as inherited or left by acquired diseases. All these reveal a predisposition which, like tendencies, lead fatally to determinate maladies. This diathesis is the origin of the majority of ailments. Its typical remedy, though not the only one, is sulphur¹⁸.

Sycosis is a condition of decadency which manifests itself by excrescences and scabs that come out on the surface of the body for the purpose of eliminating these acrimonies from the organism, which, if they remained on the inside, would shorten life and make it more burdensome¹⁹. Hahnemann disagreed in the local disease concept. It is his theory that chronic diseases, often trifling and imperceptible in the beginning, insidiously undermine health, decreasing automatic energy of the vital force. They originate by infection with a chronic miasm. Two internal chronic miasmatic diseases he mentions are syphilis (venereal chancre) and sycosis (cauliflower excrescences):

Psora is the only real, fundamental cause and source of all the other countless forms of disease, figuring as peculiar and definite diseases in books on pathology, under the names of nervous debility, hysteria, hypochondriasis, mania, melancholy, idiocy, madness, epilepsy and convulsions, softening of the bones (rachitis), cancer, varices, pseudoplasms, gout, hemorrhoids, icterus and cyanosis, dropsy, amenorrhea, hemorrhages from the stomach, nose, lungs, bladder, or uterus, asthma and suppuration of the lungs, impotence and sterility, sick headache, deafness, cataract and glaucoma, renal calculus, paralysis, delirium, of special senses, and pains of every variety²⁰.

Chronic diseases are also a result of allopathic treatment, this is the so-called «Drug disease», what modern medicine calls iatrogenic disease. Some examples he mentions are the abuse of calomel, mercurial ointment, purgatives and bloodletting, which weaken the patient. He believed that the manifestation of local disease originated internally²¹.

Hahnemann always advocated treating the patient as a whole. This concept does not deviate from the notion of holistic medicine advocated today. He defines disease as «aberrations of the state of health»; a cure is obtained by changing this aberration or feeling. For a cure, it is necessary that drugs should possess the power of producing in the human body an *artificial* disease, most similar to that which is to be cured;...» the drug-disease is substituted for the natural disease, thus depriving the latter of its power to effect the vital force²². His examples are derived from Jenner; vaccination proves abortive in persons suffering from rickets; the Levantine plague does not visit localities where scurvy prevails. Not only drugs, he asserted, but diseases, could effect cures. In his Organon he gives illustrations of cases when two diseases are contracted simultaneously; noting «whenever two dissimilar diseases meet in the body, the stronger one always suspends the weaker...»²³.

Palliatives were never dispensed, believing they only suppress the symptoms:

The application of antipathic (palliative) medicines affords the physician the opportunity to appear as benefactor... it is a delu-

sion of temporary improvement, e.g. opium is given in sleeplessness because it produces a saporific, it may silence night-cough on the first night only to be more aggravating the following nights²⁴.

He felt that diseases of the mind stem from bodily affliction, recognizing the nature of psychosomatic illness when he states,

the great excellence of homeopathic treatment is never more triumphantly exhibited than when applied to chronic mental diseases, which originally sprung from bodily affections, or appeared with them... insanity or madness is sometimes occasioned by fright, vexation, spiritous liquors, etc..., takes the form of an acute affection...²⁵.

He advocated treatment with aconite, Belladonna, stramonium, Hyoscyamus, Mercurius and others administered in highly attenuated doses.

There is a distinction made between types of remedies. In his *Chronic Diseases* he lists his «anti-psoric» remedies, their discovery and symptoms enumerated by provings. These provings were made upon physicians themselves. The symptoms of a disease would ideally be matched with the corresponding symptoms of remedies. Whenever a proving were to be made, no coffee or tea could be taken, a simple diet would be adhered to devoid of spices, meat and alcohol. For some remedies the list of symptoms extends twenty pages, describing all the physical, moral and emotional observations, with details concerning the five senses. All observations were to be recorded for approximately 20 days.

Through this method of self-experimentation, he recognized that no two drugs act the same. He realized the variability of drugs and the need for repeated experimentation when he reported, «not every symptom peculiar to one drug, appears in the same person; neither do all become manifest at once nor during a single experiment»²⁶. The homeopathic physicians of today still maintain this theorem.

Today many practicing Homeopaths still abide by Hahnemannian tenets and in the fashion of present day jargon they are known as *Stress doctors*. For each new patient the typical Homeopath takes a detailed history, recording all symptoms, asking some 200 questions²⁷. One is acutely aware of Hahnemann's drug-disease concept when adhering to a philosophy that abhors the consistent use of allopathic treatments and other modern health products. Modern homeopaths have always been cognizant of the etiology of iatrogenic diseases, castigating orthodox medicine for their occurrence.

Hahnemann used one drug at a time, and deplored combinations of drugs which might interfere with the purity of the remedy as well as observation of effects. The «physician uses genuine and unadulterated medicines, retaining their full virtues»²⁸. A major shortcoming of his philosophy is that chemical tests could never determine the curative nature of a drug, nor would he approve of drug combinations in therapy.

Most homeopaths allude to the significant advantage of their remedies in that they have no side (adverse) effects. Hahnemann stated one exception to this claim; «only narcotics are exceptions..., a heightened state is frequently observed in healthy persons, even in moderate doses²⁹. His criticism of large doses and side effects was exemplified by the regular physicians use of valerian, coffee and opium as enlivening agents unaware of their after effects in reducing the patient to «a greater degree of stupefaction»³⁰.

Convinced of his empirical method, he reproached the orthodox physicians for their stress on theoretical knowledge, with this quotation: «In view of the infallible proofs of experience, incredulity founded only upon theories, is truly insignificant and ridiculous».

Hahnemann suggested that a diseased individual required less amounts of a drug than those given to the healthy as implied by his paragraph 281:

An adult patient is more easily affected by a dose than a healthy infant a day old. A homeopathic physician can treat every disease, the only time surgery is warranted...when external impediments are to be removed that prevent the vital force from accomplishing the cure, e.g., reduction of dislocations, (fractures), union of edges of wounds by bandages; extraction of foreign bodies; opening of cavities for outlet of effusions or removal of cumbersome substances; approximations of bones...³¹.

In reference to symptomatology, the idea that symptoms are the body's attempt to rid itself of the disease is as old as Hippocrates, the Father of Medicine; «In a person suffering from angina pectoris, the appearance of erytema on the chest is a good sign, for it shows that the disease is moving toward the circumference»³². Hahnemann frequently mentioned this feature in the direction of cure.

Hahnemann cautioned physicians not only on diagnosis (successful recovery is dependent on accurate matching of symptoms) but on treatment, warning them of the danger in choosing certain remedies as favorites. This is another indication of his priority in treating the patient as an individual. A difficulty with the science of Homoeopathy is the copious amount of symptoms to be memorized and identified. They do not classify patients in terms of specific disease entities, such as Cancer patient or Heart patient, but rather identify them by the remedy, which, Homeopathically-speaking, is the same as the symptom. For example, patients are labeled as a «Sulphur Case» or a «Pulsatilla Case»³³.

As previously stated, the principle of the infinitesimal dose is: the greater the dilution, the greater the strength. Our sense of logic seems to dictate the opposite, but for Hahnemann the strength increased in a spiritual manner; the essence of this dictum lies in the *preparation*. For Hahnemann, a delay in recovery must finally be attributed to insufficient reduction of the dose...if new symptoms are mentioned it indicated that the medicine had not been homeopathically selected³⁴.

On the nature of drugs, he believed that substances from the animal and vegetable kingdoms, in the crude state, possess the strongest medicinal properties.

«Active principals are more perfectly obtained by mixing their expressed juice at once with equal parts of strong alcohol. Having waited 24 hours for the fibrinous and albuminous matter to subside in the liquid contained in well-stoppered bottles, the clear fluid is discarded and preserved for medicinal use. By the admixture of alcohol, fermentation of vegetable juice is at once arrested and its medicinal powers are preserved without danger of deterioration for all times, in well-corked bottles, protected from sunlight»³⁵.

The suggested preparation of Hahnemann's remedies is found in Section 270 of his *Organon*, as follows:

«Two drops of fresh juice mixed with an equal proportion of alcohol, are diluted with 98 drops of alcohol and potentiated by two *succussions* (shakes or manipulations) of the hand; this is the first development of power (potency). The same process is repeated with 29 successive vials, each to contain 99 drops of alcohol...this second vial is then to be shaken twice and so on to the 30th development of power; this is the potentiated decillion-fold dilution (x), and the one to be commonly used»³⁶.

The Controversy and Criticisms of Hahnemannian Theory

Hahnemann was probably aware of Avogadro's Law of molecules and the theory that matter is indestructible. Two homeopaths, Hartmann of Germany, and Korsakoff of Russia, tried the attenuation experiments to extreme dilutions of 150th or three hundred o's upon 5,000 persons. Fascination and consternation intensified over this idea of the power of minute doses. This is a point of contention today over Homeopathy as having any valid method of treatment. It becomes difficult to distinguish this idea from that of the *Placebo effect*. In 1837, Alexis Eustaphie posits a logical defence for the system of Homeopathy, pronouncing it as «the only system untainted with quackery...since it rejects all specific systems»³⁷. (Quackery attempts to cure all kinds of maladies by some secret specific). She offers some provocative images existing in Nature (in defense of Hahnemann) that exemplify the dynamic *minutiae*:

The spider's exquisite and almost endless fibre, compressed within the globule of a grain, yet strong enough to hold up its own weight, and the suspended prey besides...the most striking illustration is the ductility of gold, one grain of which, as demonstrated by Reaumur, can be expanded into a leaf large enough to cover a house»³⁸.

Diffusion is often used to define dynamization. In short, there was a great deal of eloquence to substantiate the notion of minute doses as curative.

In 1842, Oliver Wendell Holmes delivered a lecture to the Boston Society for Useful Knowledge in refutation of Homeopathy. He ridiculed Hahnemann's use of the ancients' cures to document his system as being «trivial comparisons», such as the smell of a rose causing persons to faint. For instance, in Sect. 110 of the *Organon*; «It was by these means that the Princess Eudisia with rose water restored a person who had fainted». Holmes attacked Hahnemann's system of experimentation and method; healthy subjects and ancient writings.

By one or more of these methods, each of the 64 substances enumerated by Hahnemann is shown to produce a very large number of symptoms, the lowest in his scale being 97, and the highest 1,491. And having made out this list respecting any drug, a catalogue, which, as you may observe in any Homeopathic manual, contains various symptoms belonging to every organ of the body, what can be easier than to find alleged cures in every medical author which can at once be attributed to the Homeopathic principle ... are the monuments of the past to be mutilated in favor of the sole Law of Nature in Therapeutics?»³⁹

Hahnemann followed the principles of Paracelsus and Hippocrates, the Father of Medicine whose characteristic dictum was: *Natura Morborum Medicatrix* — *Nature is the Physician that cures disease*. Holmes concurred with Hahnemann and Hippocrates on one point;

«that in some cases there exists a resemblance between the effects of a remedy and the symptoms of diseases in which it is beneficial but this is true of only a very small proportion of useful remedies»⁴⁰.

Holmes' rhetorical tract seems biased in favor of the allopaths. He reacts to Hahnemanns' method of classifying all cases of cures found in medical literature to be based on the principle of homeopathy which is the *Sole Law in Therapeutics*. The thrust of his attack centers on Hahnemanns' three doctrines, which are entirely unconnected with and independent of each other. He claims that there is no proof that *likes cure likes* but there are analogies which lend plausibility to this dictum. He criticizes the infinite dose theory by stating «the 9th dilution would take 20 billion gallons of alcohol» which he computed would fill the basin of Lake Agnano, a body of water two miles in circumference⁴¹. A popular remark in the 19th century underlined the weight of criticism given to this notion; that if you put a drop of medicine in the Atlantic and pick it up in the Pacific you will be cured.

We cannot neglect the effect Oliver Wendell Holmes had in using his wit and persuasion to discredit Homeopathy. He was an associate Supreme Court Justice and physician. As to Hahnemanns' third doctrine (Psora) he states:

That an affection always recognized as a temporary incommody... ascribes the declining health of a disgraced cortier, the chronic malady of a Bereaved mother, even the melancholy of the love-sick maiden, to nothing more or less than the unseemly, and almost unmentionable ITCH, does it not means as if the very soil upon which we stand was dissolving into chaos, over the earthquake heaving of discovery?⁴²

Holmes' diatribe concerning Hahnemanns' overgeneralizations highlights the controversy of the time.

Cures were effected, however. W. Wilson, in his address to the International Homeopathic Association in 1929 stated that many cures were not reported such as that of streptococci in King George. He also ascribed much of the criticism of homeopathy to be aimed at the infinite dose theorem⁴³. Several criticisms were also heard regarding Hahnemann's *Materia Medica*. Another criticism made by Holmes was that the 64 pro-

ven medicinal substances were tested on the healthy, not on the sick⁴⁴. Leo-Wolff accused his writings of having

no logical order,...his six volumes do not contain, like all works on *materia medica* previously, physical and medical properties of drugs and their application...His symptoms of bark amount to 1,143 (20 pages)⁴⁵.

Holmes cites many distinguished allopaths who also tried his experiments on healthy subjects and later denied Hahnemann's assertions. For instance, Andral, Professor of Medicine in Paris, experimented in the hospital with cinchona, aconite, sulphur, arnica and others for one year and charged that he observed no symptoms. He published a doctrine submitted to the Academy of Medicine in 1835 on 140 cases. He asserted the nullity of their influence, «Aconite was administered in more than 40 cases — none experienced a change, the pulse and heart remained as before»⁴⁶. Holmes was suspicious of homeopathic physicians since none of them had a distinguished name or reputation. He alludes to the portrait of defunct Perkinism, a system that printed 5000 cures and miracles which blazoned about in America, Denmark and England. The best medical schools at that time were in England and France. The Austrian and Russian governments published the abortive attempts of homeopathic treatment in the hospitals which denied its further application.

In his address to the Homoeopathic Medical Society at its infancy in June, 1852, Dr. Metcalf discussed the chaos of conflicting opinion regarding the treatment of disease. The system of therapeutics was inconsistent and uncertain. One doctor's treatment differed immeasurably from another. He notes the difficulty of practicing his healing art succinctly:

the mass of matter which has now accumulated in the homeopathic *materia medica* has become a huge unwieldy bulk which no industry can master and no memory retain...The facility with which collections or facts can be used depends upon their conve-

nient classification; classification depends upon resemblances and differences scientifically selected, but to be selected they must first have been observed, and to do this appropriately, requires the broadest array of facts that can be collected⁴⁷.

He comments that there is inadequate reporting of symptoms and stresses the need for more investigation, e.g. in New York, out of 1500 plants, not 50 had been proved. The old school classified remedies according to the prominent or primary effect, e.g. tonics, cathartics, diuretics, stimulants; the homeopaths had a complex and obscure classification, e.g. Aconite, will first poison and finally kill as opposed to Lycopodium or Allium Cepa which would never poison.

Leo-Wolff states that great knowledge was not needed for homeopathy, only a good memory of symptoms. He credits Hahnemann with two discoveries: the ascertaining of the adulteration of wine of *lead* and of poisoning by arsenic and mercurius solubilis. He mentions Animal Magnetism, first mentioned by Paracelsus (a German) and introduced as a remedy 60 years since by Mesmer, also a German. Dr. Hermann of Saxony, one of Hahnemann's oldest disciples, was called to trial in a hospital in Russia. Trials took place also in Berlin with two of his disciples. Some disciples failed in Italy — no one was allowed to practice there as a result⁴⁸. Most homeopaths were subsequently labeled as quack doctors and were accused of Scientific Vandalism:

Of all medical doctrines hitherto promulgated, no one tends to promote prejudices against rational medicine more than homeopathy, although the present time is particularly propitious for enlightening the public and for restricting the detrimental abuse of powerful domestic medicine⁴⁹.

While recognizing the threat to orthodoxy, the public reaction soon reflected on the dangers of the allopaths so-called «wonder drugs» Heroic Medicine).

Homeopathic remedies were accused of being placebos. Holmes proceeds in an analytical fashion when he says:

«there is resemblance and not identity between the symptoms of the disease and those produced by the drug which cures it...For if Same cures Same, then every poison is its own antidote...but it was not the hair of the same dog, but only of one very much like him»⁵⁰.

This is consonant with the homeopaths' illustration of the effects of vaccine virus in preventing smallpox. Holmes' critique becomes relevant when he illustrates the limitation of his theory in noting that smallpox, measles, scarlet fever and whooping cough were protective yet catarrh and other ailments were not. Still, physicians at the time could not scientifically explain why they were or not *homeopathic* themselves.

Historical Foundations: The Struggle and Its Aftermath.

The History of 19th century medicine is characterized by the «progressive adoption by allopathic physicians of medicines originally introduced by homeopathy»⁵¹. The American Medical Association (AMA) was designed in 1847 for the purpose of improving medical education. An alternate version of this intent has been proposed as an effort to mobilize orthodox practitioners for the struggle against the sects⁵². Coulter delineates four competing views of medical practice in the 1820's: (1) Traditional medical doctrine — orthodox or allopathic physicians (2) Indian doctors — *herb doctors* or *Botanics* (knowledge from Indian medicine men), (3) Samuel Thompson (1769-1843) formed eclectic medical school since two of his children died (It fused with Botanics in 1840's). This was a system of steam baths and a native American emetic plant, the lobelia root (Indian tobacco). (4) homeopathy — introduced to U.S. in 1825, motivated by disgust at existing medical practice of his contemporaries. It differed from eclectics by possessing a well-defined philosophical basis and had many adherents who were educated practitioners.

Roots: Paracelsus (1493-1541), Jean-Baptiste Van Helmont (1579-1644), George Ernest Stahl (1660-1734), (Hippocrates and Empirics of Greece). Its opponent was the Solidist tradition — Doctrines of Galen, The Dogmatist Sect of Antiquity and Hermann Boerhaave (1668-1738), Rush, Cullen, Brown.

In the 1840's, state and local medical societies started expelling their homeopathic members. The profession was soon polarized between the spokesmen for medical orthodoxy; the AMA, and the New School, the American Institute of Homeopathy. Relations between the two were forbidden by the Code of Ethics of the AMA. Homeopathy and Eclecticism grew until the 1890s, when there were 5,000 Eclectics, 14,000 Homeopaths, and 100,000 regular or Allopaths. In 1844 The American Institute of Homeopathy was intended as a clearinghouse for pharmaceuticals for M.D.'s who had become homeopaths.

The health conditions⁵³ of the period were rife with typhus, tuberculosis, cholera and malaria. Patients were maltreated with calomel — witness the accounts of mercurial poisoning. Calomel was also known to cause deterioration of the teeth. Benjamin Rush was the chief advocate of the use of calomel; (mercurous chloride/mercury) using it for most diseases. Benjamin Rush (1745-1813, Professor of Medicine at Univ. of Penn. for 44 years), during a yellow-fever epidemic in Philadelphia, 1793, was noted as saying, 'bleed and purge all Kensington'. He felt a patient could benefit from loss of blood in almost any disease — up to 4/5 of total as long as symptoms persist. In *Dunghlison*' 1836 text he devotes 33 pages to techniques of phlebotomy. (The first leech-importing firm in N.Y. was importing 300,000 annually by 1856). The distinctions between the two schools of thought according to Coulter, are:⁵⁴

Solidist	Homeopathist
Use of logic and sciences to study the organism: concerned with cause, e.g. fever results from spasm of vessels, Rush's pathological speculation that arterial system is central.	Use of sense-perception, observe the symptoms. Disease is spiritual not material. Internal processes are not subject to laws of logic.
In cases of debility, use emetics to rouse the system. The dose of opium increased as the debility increases.	The dose would decrease as the debility increases
Analyze medicines by their chemical composition.	Analyze each medicine individually. All medicines are «Specifics» (medicines with curative power but not understood in terms of prevailing therapeutic doctrine. No logical Explanation).
Science can explain everything. Rush denied there were «Specifics».	Doctrine of Similars — counteract fever with substances that resemble it, e.g., coffee, arnica, pepper, ignatia bean, arsenic.
To a hypothesized disease cause, a remedy of opposed power was administered.	All symptoms are of equal validity. Symptoms are related to internal cause: treat each with identical remedy.
Some symptoms are irrelevant. Symptoms are related to cause: treat the most striking ones.	Infinite number of diseases
Restricted number of diseases. Rush limits all diseases to a single one.	Expanded number of diseases and symptoms
Prescribe a number of remedies at a time (era of Polypharmacy).	Prescribe one at a time to effect vital force. No combination remedies in entire system. He prepares own medicines.
Physician can get along with a few remedies.	Every substance in universe is a potential medicine with its own unique and varying effect. Many medicines employed.

Introduction of Homeopathy into America

In 1826, Dr. Hans Birch Gram came to New York from Copenhagen, and in 1827 he published «The Spirit of the Homoeopathic Doctrine», by S. Hahnemann. A few copies were received with little attention⁵⁵. In 1834 Drs. Gray, Hull, and Vanderburg, with eight laymen, formed an association and published The American Journal of Homoeopathia. In 1835, The friends of Homoeopathy obtained a charter from the Legislature of Pennsylvania for the «North American Academy of the Homoeopathic Healing Art», which was placed under the auspices of Drs. Constantine Hering, William Wesslhoef, and Henry Detwiller. They published Hahnemann's Organon, the *Materia Medica* and a Repertory. These were published in 1835, and this was the Introduction of Homeopathy into America.⁵⁶ These homeopaths rarely used doses lower than the thirtieth dilution. Kirby helped to establish the first Dispensary in 1847.

Constantine Hering, born in Saxony, January 1800, is known as the Father of American Homeopathy. He was converted to Homeopathy by a friend while in medical school at Leipzig. In Dutch Guiana he discovered and proved Lachesis (shake-venom). He went to Philadelphia in 1833 and was the first to discover the use of *nosodes* — a remedy extracted from the product of a specific disease made up in minute substances to cure that same disease — for what might be termed an oral vaccine. That same year he introduced Lysin, prepared from the saliva of a mad dog as a cure for hydrophobia. In 1835 he published THE HOMOEOPATHIC DOMESTIC PHYSICIAN expressly for the missionaries and founded Hahnemann Medical College in Philadelphia, the first Homeopathic hospital in the U.S.⁵⁷. Here is an example of therapy for malaria as offered by Coulter:

Solidist Dunglison	Homeopath Hering
Cathartics, including (calomel), emetics, narcotics, absinthium, arsenious acid, piperin (black pepper and whiskey), salicin, Hippocastanum (horse chestnut) opium beberina, Cornus Florida (Dogwood), Chloroform, quinine, zinc sulfate, iron ferrocyanuret (Russian Blue), charcoal, Refrigerants, tonics, tincture of oak galls, the steam bath, sinapisms, cetrarin, Serpentaria Virginia Snakeroot), magnalia, Prinos (Black Alder), iron medicines, astringents.	«Ipecacuanha» Arsenicum, China (quinine), Ferrum metallicum, Arnica montana, Veratrum Album, Sambucus, Antimonium crudum, Bryonia Alba, Cina, Ignatia amara, Rhus toxicodendron (Poison Oak), Strychnos nux vomica, Chamomilla, Pulsatilla, Capsicum, Coffee, Cocculus, Staphysagria, Natrum muraticum, Laches, Atropa Belladonna, Hyoscyanous Hepar Sulphuris, Mercurious vivus, Salt. Sulphur, Calcarea Carbonica, Carbo vegetalis, Aconitum napellus and opium. Detailed symptoms are given with indications for use.
Reject Healing Power of Nature. Ars Brevis, vita longa: Our short, speedily acquired art prolongs life.	Deal with Vital Force to Change course of disease. Vis Medicatrix naturae: Nature, the Physis, the Anima, Archeus.
Use large doses (heroic practice).	Large does further aggravate the disease.
Rush preferred mineral remedies. Broussais reduced all diseases to inflammation of the intestinal tract.	Hahnemann had over 200 remedies, over 100,000 symptoms described. Disagreed with routine of seeing many patients at one time.
Medicines aimed at causes.	Medicines aimed at symptoms.

Hahnemann never took credit for his Doctrine of Similars perhaps because he was aware of the existence of this idea from the Greek empirics. He was incensed at the regular physician's lack of intelligence as implied by this statement in his Organon (p. 59).

«They cured non-venereal ulcers of the throat with small doses of mercury, homeopathic to these cases; they frequently checked diarrhea with small doses of cathartic rhubarb; they cured

hydrophobia with Belladonna, capable of producing a similar affection, and removed as if by magic the dangerous comatose condition of inflammatory fevers with a small dose of opium, known to be healing and stupefying. And yet they vituperate homeopathy, and persecute it...»

The struggle over Educational Foundations

Many writers, among them Geoffrey, report that when homeopathy was introduced to the United States, conditions in medical practice were chaotic. In 1902 there were 22 homeopathic schools in the U.S.A. A quarter of a century later they fell to two⁵⁸. The following dates represent its influence:

- 1833 Hahnemann Society founded in Philadelphia
- 1835 Homeopathic Pharmacy was opened — (Boericke & Tafel, Phila., still exists).
- 1835 Homeopathic Medical School at Allentown, Pa. (started by Hering)
- 1841 Hering was forced to close his school because instruction was in German
- 1848 Homeopathic Medical College of Philadelphia became Hahnemann Medical College in 1869 (started by Hering)
- 1860 Homeopathic Medical College of the State of New York chartered
- 1874 Homeopathic Hospital of Philadelphia opened.

In 1918, Homeopathy was being taught at the following institutions as reported by W.A. Dewey⁵⁹: Boston University, School of Medicine, N.Y. Homeopathic Medical College and Flower Hospital (106 St. & 5th Ave. — no longer taught).

Hahnemann Hospital of Philadelphia required B.S., and M.D. in six years. It is the oldest in the world. Its affiliations were St. Luke's, Children's and West Philadelphia hospitals and Allentown State Homeopathic Hospital for the Insane. Homeopathy is not taught in any school in America today. A course of introduction to principles and therapeutics has been offered in Hahnemann's curriculum at Hahnemann Hospital of Chicago, (1860), Homeopathic Medical School of the University of Michigan, Homeopathic Medical School of Ohio State University, Medical School of Iowa State University, and the Medical School of the University of California.

It is Dewey's opinion that the rate of decreasing numbers of students in 1921 was due to the war and the requirement of two years college work preliminary to becoming a practitioner. From its inception, the system of homeopathy was composed of knowledgeable and well educated physicians. The system flourished until the 1890's; the conversions of allopaths and the influx of German immigrants is worthy of note. Coulter explains its spread even among the clergy and aristocratic ladies⁶⁰.

Its Influence and Spread

Many of its converts were called quacks. Holcombe decided to try homeopathy during the cholera epidemic. He formally joined knowing he would be disbarred from the medical society. The new doctrine was strongest in New York, Penna., and the Midwest. The proselytizing effort by Gram was effective in New England and New York while Hering influenced Pennsylvania and the Midwest. It played an important role among the clergy, who were followed by the intellectual, social and business leaders of the community. Hering made friends among the poor with his free dispensaries. Medicines were inexpensive and readily available. Eustaphieve likens its spread to one of a religious creed. By a calculation made for the State of New York⁶¹, it was possible that drugs administered (1835) by the Homeopathic process could have supplied the whole population at the rate of 100 dollars per year. She also noted the economic threat to the Pharmacopologists.

Since Homeopathy was gaining a despicable reputation, its impact was least among the middle classes. They were labeled *Sugar Doctors*⁶². The medicines became available as home remedies. Hering devised a *Domestic Kit*. The idea of self-medication became popular. This still exists today: Boericke & Tafel offer a kit for \$ 32.00 together with a copy of Gutman's *Little Homeopathic Physician*.

Antagonisms existed in America and continued in Germany. Hahnemann's, Freidrich, was one of his 50 provers. However, after his death his son had to publish a *Refutation* to defend the attacks toward his fathers' Organon. Bradford⁶³ reported that Freidrich also suffered a considerable amount of opposition. Freidrich is noted for these provings: Acon, Arn, Ars, Aur Bell, Bry, Canab, Cicuta, Coloc., Dros., Euphras, Fer., Hepar, Hyos Ign., Merc., Moschus, Nux v., Phos. ac. Puls., Rhus., Stram., Sulph., Thuja, and Veratrum.

The struggle with Orthodox Medicine

In 1864 when William Seward was wounded by one of the group that organized the assassination of President Lincoln he was treated surgically by the Surgeon-General of the U.S. and medically by his personal homeopathic physician, Dr. Verdi⁶⁴. The newspapers response reflected the increasing public popularity-many stories of the rivalry between physicians were heard. Another factor is political affiliation. Coulter records that «19 out of 20 were Republicans of a radical stripe»⁶⁵. In 1870, homeopaths sent delegations on behalf of the dismissed colleagues: Dr. Verdi wrote to President Grant stating that the homeopaths numbered about 6,000, with 30 professional organizations. The allopaths were discordant with the high fees the homeopaths were receiving. In 1851, a Homeopath charged a client \$ 500.000 for nine out-of-town visits⁶⁶. (The average M.D. earned less than \$ 1,00.00 per annum in the last decades of the century).

As Homeopathy became popular in the 1840's, criticism of their practice increased. An apparent loss of prestige became evident among the allopaths. Coulter alludes to three scapegoats the allopaths addressed in trying to understand their loss of prestige; lack of public confidence, need for reform, and the fact that there is a thin line between science and quackery. Some realistic problems were identified by the allopaths; the low level

of education, the emerging frontier, the overcrowded medical profession, (Worthington Hooker called it an «overcrowded profession made up of ignorant men»), and homeopathy. Many physicians realized their own lack of education and became homeopaths for this reason, together with the benefit that they attracted more patients. The homeopaths started to advertise themselves⁶⁷. (This violated a tradition). They were refused chairs at the Universities, disbarred from medical societies, and shunned by their counterparts. The language the allopaths used in their public addresses, speeches, newspapers and journals was critical and hostile⁶⁸. Conversely, the homeopaths adopted a more moderate tone, since they always cherished the hope of being able to convert their opponents. They called the allopaths «brethren», and tried to maintain a peaceful climate. (Holmes' philosophical and ideological critique has already been mentioned).

During the 19th century, about 75 anti-homeopathic books and pamphlets were published in U.S. and Britain. The major burden of the onslaught was the seven writings of Worthington Hooker, who was an important instrument in the campaign of the American Medical Association (AMA) against Homeopathy⁶⁹.

During the 1860's Gert Brieger⁷⁰ states that the Medical Journals are filled with articles which ask if medicine is a science and what the relations are between the doctor and his patient and the doctor and his colleagues. He notes that in 1863, Surgeon-General Hammond ordered that calomel be restricted from use in all military hospitals. The homeopaths and eclectics, as well as the young doctors saw progress in this event. It sparked a debate; Holmes agreed it was often given needlessly but the regular doctors saw it as a threat.

This period seems to be the peak of controversy; regulars viewed eclectics as rivals. The homeopaths became more popular, despite many repressive measures taken by the allopaths. In N.Y. (1866), Rosenberg states that the Medical Register listed 806 regular physicians as opposed to 70 active Homeopaths. He mentions a significant factor responsible for the anxiety on the

part of the orthodox physicians with their uncertain and insecure status, i.e. «their status was protected neither by state sanctions nor by universal trust and admiration of laymen, and not by a transcendent faith accorded medical science... anxiety regarding status (today) has been minimized due to education and access to the profession»⁷¹. It was an era of self-prescribing; patients seemed to want medicines. Calomel, Laudanum, and strychnine were available from the apothecary over-the-counter.

Allopaths soon adopted many of the homeopathic remedies. A case in point is given by Rosenberg⁷², of New York's teacher of clinical Medicine, Austin Flint. He called his stance «conservative medicine»; he decreased the use of harsh emetics, cathartics, etc., in favor of drug therapy. In their desperation to win public acclaim, many physicians practiced *puffing* — the planting of one's name in news columns and the signing of endorsements for publicity⁷³.

Many cures were often effected by homeopaths as an adjunct to orthodox treatment. Eugene Underhill cites three dramatic cures by a homeopathist who aided his patients and procured his conversion to Homeopathy: «Thacher gave *Ledum* (wild rosemary) for gouty arthritis, *Phos. of Magnesia* for dysmenorrhea, and cured his third case (gastro-intestinal disturbance) within a matter of days»⁷⁴.

Homeopathists succeeded in procuring cures when orthodoxy failed. The success during the epidemics in Europe and America attest to this fact. According to Luyties Pharmacal Company (opened in 1853), two factors made Homeopathy popular:

- 1) the cholera epidemics, and
- 2) Queen Victoria's enthusiasm. At the turn of the century, 22 medical schools were producing homeopathists...there were 600 practicing in Boston. Mark Twain, Wendell Phillips, Louisa May Alcott, Nathaniel Hawthorne and Henry Wadsworth Longfellow were patients who felt they owed their lives to homeopathy⁷⁵.

Other prestigious individuals gave homeopathy credit. Dr. Boone, a graduate of Hahnemann in Philadelphia, was personal physician to President Hoover; President Harding's homeopathist was Dr. C.B. Sawyer. Today, the Queen of England still maintains a personal homeopathic physician.

Many factors have been discussed relevant to the demise of the homeopathic profession such as its economic threat to the apothecaries, the threat to the status of physicians, the prejudicial attitude towards Germans, the additional educational requirement of two years post-graduate, etc. Coulter's study seems to imply that the most significant factor was the American Medical Association (AMA) — when they decided to admit homeomaths. The other equally significant factor is the incorporation of homeopathic drugs into orthodox medical practice. Frederick M. Dearborn, as President of the American Institute of Homeopathy in 1919, disclosed and reported on the significant decline in homeopathic physicians as a result of the war⁷⁶.

Eustaphie predicted the doom of Homeopathy from a social perspective when she remarked:

here probably lies the pith of the offence, committed by Homeopathia,...Without the last fear of masonic penalties, she has divulged the secrets of the craft, and swept away its mystification, as to expose it to the peril of *Nullification*, by enabling every man to be his own physician...for this unscrupulous simplification⁷⁷.

This approach of homeopathy, to be open to the public and to allow self-prescribing, relegated the role of homeopathy from the doctor to that of the home, removing the function of the doctor as being the sole authority in healing. Homeopaths did not maintain the attitude that a doctor has a monopoly on knowledge of therapeutics. They often taught their patients the art, allowing them some responsibility for their own convalescence.

This consumer-oriented approach, however, is inconsistent. Many Homeopathic doctors still maintain the old school philosophy, hiding under the cloak of secrecy they believe to

be psychologically beneficial for the patient, (not to know illness or medication) while entrenching their position. Even so, it is a practice advocated by John Knowless who has stated that the patient should assume part of the responsibility for his/her treatment. This role dichotomy still exists today, though in a modified form. We can appreciate its precedence historically as a radical change in the doctor-patient relationship. The suggestion of doctor as teacher was, and still remains for some today, completely antithetical to their preceptions. One homeopathist I interviewed never tells his patients what those little white globules are with the justification that it would interfere with the healing process. The majority of his patients seem to accept this *modus operandi*.

I have casually mentioned the incorporation of homeopathic remedies into orthodox medicine. Dr. Constantine Hering, for instance, introduced and proved nitroglycerin which is now widely used for angina in modern medicine. He also discovered Hammelis (withc hazel). These two credits are deservedly his. Other examples include Hahnemann's China (quinine), Digitalis, Veratrum Alba, Ipecac, Opium, Belladonna, and Nux Vomica (strychnine-its derivatives mainly).

The other factor responsible for its decline; viz. the educational requirement, has heretofore been enumerated. Learning the art is an arduous task, and maintaining the Hahnemannian tenet of individuality in treatment is difficult. The regular physician develops a routine, but the homeopath must adhere tenaciously to the absolute rule that *no two things in nature are alike*.

Current Status

Today, homeopathy is practiced in every part of the world⁷⁸. According to Newsweek, February 3, 1969 there are six homeopathic hospitals in operation in Great Britain⁷⁹. The largest is the Royal London Homeopathic Hospital founded in 1849. Homeopaths in England share equal status with regular

MDs. In America, the majority of homeopaths are MDs, however, some are dentists and a few are laymen who are now authorized to practice under a homeopath. There are 15 pharmacies in the U.S. that sell homeopathic remedies. Dr. Sheussler's Tissue Salts are found at some health food stores and are reported to be the most popular. They are generally of a preventive nature. The other Homeopathic remedies are available without a prescription at Homeopathic Pharmacies. Kiehl Pharmacy is located in Manhattan (109 Third Ave.), Boericke & Tafel (1011 Arch St.) in Philadelphia, and John Borneman (1208 Amosland Road), Norwood, Pa., are a few on the East Coast of the U.S.A.

The National Center for Homeopathy is the active headquarters for the efforts of all who are concerned with promoting the art. It serves the American Institute of Homeopathy which is the oldest national medical association in the United States; the American Association of Homeopathic Pharmacists; the American Board of Homeotherapeutics (they grant the title of D-HT to qualified Doctors); the Homeopathic Information Service (print and distribute pamphlets); the Hahnemann Therapeutic Society (coordinating board of all these organizations); and The American Foundation for Homeopathy which is solely a Board of Trustees responsible for financing the National Center. They are concerned with publication, research, education and help to establish lay groups and chapters. According to the Center, the Food and Drug Administration lists Homeopathic drugs in a special, separate category to be reviewed after the other o-t-c drugs⁸⁰.

Homeopathy is supported by the Queen of England and the National Health Service. London may be the center of the world for teaching Homeopathy. In America it is still repressed and often designated as a medical cult. Willian Hubbard's essay does not even mention Hahnemann. I can only infer a possible recognition by his use of the term *nihilists*, to whom he attributes the development of therapy in the 19th century⁸¹.

There is no medical school in the U.S. that offers a course in Homeopathy. Internationally, homeopaths are lincensed MDs

with an additional course of studies in Homeopathy. There are schools in England, Brussels, Mexico, Greece, and Vienna but most countries have centers for Homeopathy and pharmacopoeia for their remedies. The Homeopathic Faculty of London gives lectures each year between September and June of the following year⁸². The American Institute of Homeopathy seems to be growing in memberships and maintains publications of its Journal. There is also a Homeopathic Digest which started in 1976.

The homeopathic profession has a more important status in other parts of the world, e.g., there is a Mexican Homeopathic School and a small school of Homeopathy in Greece. According to Dr. Blackie, the most revered (and oldest) practitioner today is Dr. Pierre Schmidt of Geneva. In 1925, he and Dr. Thuinzing of Holland formed an International Homeopathic League, which meets each year to exchange ideas. It provides a *Club* where research is discussed in detail. When the League met in Athens it was honored by the presence of state dignitaries⁸³.

Hahnemann predated Antibiotic discovery and probably would have been opposed to it, but today's homeopath uses this as a part of therapy. Nevertheless, there are a few homeopaths remaining who do not use antibiotics. Another difference historically is a result of technology; the use of lab tests in diagnosis is often resorted to at the homeopath's discretion.

My original assertion was to align Homeopathy with the course of technological obsolescence. Of course, homeopathy may never become obsolete in the absolute sense, for, as long as there is a limitation to medical science, and as long as people seek alternative means of therapy for what modern medicine ascribes as *incurable*, people will opt for that which promises satisfaction, cure, or relief, and perpetuates their *hope* in their quest for self-preservation.

The introduction of over-the-counter remedies along with the practice of psychologists has largely supplanted the role of the homeopath. The homeopath today is called *stress doctor*. By tradition the homeopath attends to the psychological aspects

of illness, which has long been recognized as a necessity in the treatment of psychosomatic disorders.

In tracing the historical course of events, I have attempted to evaluate the most pertinent details surrounding this medical science. I have discussed the political, economic, social, cultural and educational factors involved. If I could hypothesize that people perceive the cause of events from their own individual perspective or station in life, certain explanations become ludic, e.g. the economist presents the financial aspect as the most significant, an anthropologist might stress the impact of immigration (German), the journalist emphasizes the effect of propaganda and the proselytizing effort, and the Homeopathy Digest suggests that the reason why homeopathy has not spread is «because the Homeopathic Associations and physicians have not spread their doctrine sufficiently to the public»⁸⁴.

Today there are active laymens' associations in Connecticut, Westchester, New York, Washington, Minn., Boston, Los Angeles, Ca., Brooklyn, Lansdowne, Pa. Chicago, and Ontario, Canada. One League meeting I attended in New York was open free to the public. Their circular provided suggested home remedies, nutrition information, important announcements and subscription service. They offer a course in Homeopathy for \$5.00. The Homeopathic Research Inc. center in Manhattan (343 Lexington Av) also offers courses as well as a free introductory lecture every Friday night.

Homeopathic Remedies

I should state a distinction between herbalism and homeopathy. Many herbal remedies listed in the British Herbal Pharmacopoeia are also used by homeopaths, e.g., chamomilla, Hypericum, Thuja, and Pulsatilla. Homeopathy also uses mineral and animal substances, e.g. oyster shell, snake venom, gold, charcoal, and sulphur, however, the majority used are herbs. Hippocrates mentioned over 400 herbs, one-third of which are used today.

Many substances used today in orthodox medicine have been isolated from herbs, e.g., morphine, Colchicine: *Colchicum Autumnale* (alleviation of gout), *Digitalis*, *Ephedrine*, and *Cocaine*. Galen, the doyen of Roman Herbalism claimed that bitersweet (*Solanum dulcamara*) removed warts and tumors; this substance now shows anti-cancer action. Much of the Third World is totally dependent on herbal medicine, or what the locals describe as *bush medicine*. Herbals are prepared by boiling one pint (500cc) of water over 30g (1 oz.) of finely cut material, then let to stand fifteen minutes⁸⁵.

The Homeopathic Pharmacopoeia is listed as an official drug compendium on a par with the U.S. Pharmacopeia used by orthodox physicians. It lists approximately 600-700 drugs by Latin names in alphabetical order, describing its habitat as well as preparation. *Materia Medica* is a guide the Homeopath selects for properties and uses. It is a useful tool for the pharmacist. A careful chemist, Hahnemann's object was to formulate a standard rule according to which all alcoholic medicinal solutions (tincture, extracts, etc.) and their dilutions might be made of uniform drug-power to be represented by the dry crude drug as the unit to strenght in the case of tinctures made from dried substances, and by the plant-juice as the unit when made from fresh green drugs⁸⁶.

One of the Hahnemannian tenets holds that the more acute the diseased state the lower the potency (dilution) necessary for its amelioration...many medicaments are only prescribed in the 3x (1-1000 drug strenght). Conversely, chronic disease demands higher potencies⁸⁷. The optimal dose is one which does not cause palpable reaction. Many failures occur due to inappropriate dosage. Dilutions of drugs are prepared on the decimal scale, by combining the equivalent of one part of drug to nine parts of diluent (alcohol, milk-sugar, glycerin distilled water). This equals the first dilution, viz. 0.1 or 1x. To determine at a glance the amount of crude drug present in any potency one simply notes the numeral in front of the x, and places the figure 1 with as many zeros following it as the numeral indicates⁸⁸.

The idea of infinitesimal is not a foreign one to orthodox medicine used today. Some examples of «Infinitesimals» used commonly in Medicine: lysol 1:8000 or nearly 4x, naphthlin 1:480.000 or about 6x, pituitary extract (1:20.000.000) about 7x, morphine hydrochloride 1:160.000 or 5x, oil of turpentine 1:100.000 or 5x, arsenic at 8x, or 0.00000001 gm. (Arsenic is still germicidal in dilutions of 6x and has been proven stimulative of vegetable growth in 9x), caffeine 1:10.000, epinephrine 1:1.000.000, quinine hydrochloride 1:100.000, pilocarpine 1:1.000.000.000 (the last four have been found sufficient to produce tissue stimulation). The minimum lethal dose of crude botulinus toxin filtrate has been found to be one four hundred quintillionth cubic centimeter (1/400.000.000.000.000.000.000) or our 20x⁸⁹.

Some other examples of remedies that were introduced by the first homeopaths then later incorporated into orthodox medical practice were: *Rhus Radicans* (poison ivy), first investigated by Hering found to cause erysipelacious inflammations of the skin, led to use for skin conditions⁹⁰. It is used commonly in Homeopathic practice for rheumatism. *Cocculus indicus* (Indian cockle), originally used for stupefying fish, is used in cases of paralysis. *Drosera Rotundifolia* (Sun Dew) is used in whooping cough⁹¹. *Calendula officinalis* (Garden Marigold) is used in lotions: locally the extract is used for cuts and wounds in first-aid (10% as antiseptic). *Cannabis sativa* and *Cannabis indica* (Indian Hemp) have been used in gonorrhea. *Pulsatilla nigricans* (Wind Flower) is used for enuresis, rheumatic conditions, uterine-menstrual disorders and dyspepsia. *Apis Melifica* (Honey Bee) is used for rheumatism, insect bites, dyspepsia, diarrhea and swelling of the eyelids. About 2,000 remedies have been prepared of which 200 are commonly used⁹².

There is some renewed interest in Homeopathy due to the increased resistance to Antibiotic drugs and the chemicals that are found to be incompatible. The rising interest in natural products, health foods, and so on, give testimony to this fact. Skep-

tics have suggested that it is the therapeutic case history that provides the cure but homeopathic doctors quote cases in which no amount of sympathetic listening produced a cure until the correct remedy was found. Many see the value of homeopathy for preventive medicine in psychosomatic conditions. Marianne Harling lists some advantages for the hospitalized patient; Hypericum (St. John's Wort) helps prevent and heal pressure sores; arnica is used after accidents, dental or generale surgery, or childbirth (it prevents complications). Homeopathic drugs are still recommended by many as ideal methods of self-medication. They are pleasant to take and are generally safer than Aspirin. Camomille tea, long recognized by the homeopaths for curing constipation, has become a popular herbal tea⁹³.

An example of a few remedies suggested by one modern Homeopath are these:

Bryonia (Wild Hops) is a must for the medicine chest: for headache, sleplessness, nosebleed, colds and coughs, digestive disorders, abdominal colic, mestruation. Arsenicum Album (Arsenious Acid): headache, vomiting and diarrhea, hemorrhoids or piles, menstruation. Allium Cepa (Red Onion): conjunctivitis, hat fever, coryza, hoarseness and cough. Calcarea Carbonica (oyster shell) a perfect cosmopolitan — (Calcium Carbonate). Argentum Natricum (Nitrate of Silver) neurosis, headache, vertigo, sore throat, travel sickness, diarrheal green stools, menstrual problems⁹⁴.

This type of simplification can only lead to casual, indiscriminate use which invalidates homeopathy; it is an individual and complex art. Two of the Pharmacies have sent me a small medical index with the most frequently used remedies and indications for their use. Most recommend using the 3x and 6x potency. Dorothy Shepherd, a Medical Officer for 15 years, is a typicall illustration of today's homeopathist. Here is her treatment for a simple fracture:

Give Arnica immediately and repeat as required one to two to four hourly until the effects of shock have passed off usually within

24 hours; then Ledum 4 hourly until the extravasation of blood has been absorbed (3 or 4 days), followed by Symphytum three times a day until the bone has united. The patient will sleep as well as and better than with Aspirin or stronger draughts which palliate only without healing at the same time⁹⁵.

Her suggested remedies for colds and chills seem comparable to the other homeopaths, i.e., Arsenicum, Aconite, Allium Cepa, Nux Vomica, et al. All of the aforesaid remedies are given with their appropriate differential of symptoms. They are given for a specific stage of the condition and not used in exchange for each other. Glen Bidwell offers his method of therapy for cold symptoms:

Arsenicum — when patient is cold and has general aggravation from cold. Calcarea Carb. — has chilliness with aversion to open air and sensitiveness to cold, damp air, aggravation from the slightest draft. China — where there is chilliness with coldness of internal parts. Causticum — coldness that warmth does not relieve; cough, diarrhea, and rheumatism are worse from cold; paralysis from cold. Dulcamara — coryza, cough and neuralgia are aggravated by cold⁹⁶.

For general chilliness he recommends Hepar, Lycopodium, Nitric Acid, and Nux Vomica. James Tyler Kent (1849-1916) was a New York Homeopathist who converted to homeopathy as a result of his wife's recovery. His *repertory* is a classical guide which helps the diagnostician to match the corresponding symptom with a remedy. Hering's *Guiding Symptoms* is also valuable. Dr. Blackie lists 520 common remedies with their common names. The following are remedies she advocates for the common cold: Aconite, Phosphoric Acid, Allium Cepa (onion), Arnica, Arsenicum Album, Belladonna, Bryonia, Hepar Sulphuris & Gelsemium⁹⁷.

The International Research Council of the Homeopathic League has delegates representing 16 countries. There are three sections of the Council: Provings, Clinical Research and Experimental Research⁹⁸. Dr. William Gutman is Chairman. He is

a graduate of the University of Vienna, Former Professor for Homeopathy (New York Medical College), Past President of the American Institute of Homeopathy (1965-66), President of the Foundation for Homeopathic Research, Inc., General Secretary for Research of the International Homeopathic Medical League, and author of many papers and booklets. One of his books entitled *Little Homeopathic Physician* is offered for sale at Boericke & Tafel. (The oldest Homeopathic Pharmacy, was also engaged in publishing many books on Homeopathy). Dr. Gutman lives at 3 East 85th Street, New York. He is listed in Who's Who of Homeopathic Practitioners, and still sees patients by private appointment.

According to Who's Who, a new internationally organized proving was prepared. It was the preparation of the first actual influenza nosode through obtaining a pure mixture of influenza virus strains from the influenza labs of the World Health Organization and having mixture potentized to the 30th potency. The following provings and introduction of new remedies were carried out or initiated by the Research Council: Cadmium, Beryllium, Alloxan, Rauwolfia, Hirudin (Toxicological data were supplemented). Cadmium and Beryllium have a place in the sequelae of influenza and respiratory conditions in general. This New Oral Vaccine (by Nelson's in London) was given in monthly single doses in 385 cases; 85% protection was the result.

Conclusion

The theory of Homeopathy still remains intact but its application has varied. I have described how compromises had to be made in an effort to raise the status of orthodox medicine. In so doing, homeopathic remedies were incorporated into modern medicine so that the major discoveries initially made by homeopaths go unrecognized today. Its most important and relevant status for today is the emphasis placed on preventive medicine and its positive attitude toward research. With its con-

cern for the psychological needs of the patient and its recognition of the role played by *stress* on the physical aspects of the patient, this medical art will always find an array of followers in modern society. Hahnemann preceded the scientific advances which have allowed the dualism that exists today; in the administration of vaccines — «like cures like» — and in the administration of modern pharmaceuticals; unlike cures like.

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Correspondence should be addressed to A.T., 49 Dionysou St., Maroussi 15124 Athens, Greece.