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*"Plus apud nos vera ratio valet, quam vulgi opinio."*

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## ON DIET.

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[Continued from our last.]

Dr. Hassall examined twenty-four samples of bread, obtained indiscriminately in various parts of London: his verdict is, that the whole twenty-four samples were adulterated with alum.— But perhaps it may be said, the quantity is trifling; on the contrary, according to another observer, Mr. Mitchel, in ten loaves there were no less than 819½ grains of alum discovered. And the reason for the presence of alum heightens the enormity of the pollution. It is put there to enable spoilt flour to be mixed with sound flour!

With such facts staring us in the face, would it not be absurd to insist upon bread and water as a simple diet for any unhappy patient who has the misfortune to fall into our hands? Unless we could keep our patients in a conservatory, and prepare by artificial means the air they breathe, the water they drink, and the food they eat, it would be absolutely impossible to prevent them being assailed by so-called medicinal influences every hour in their lives. In fact, all nature would be in a conspiracy against them, to avenge the sentence of outlawry we should thus have pronounced upon her. This is the answer to the second question. For if we strive to attain as near as possible a supernatural immunity from the influences at all times powerfully acting upon the human organism by any method of isolation or abstinence, we thereby intensify in a corresponding degree the sensitiveness of

the frame, and our patients reared in a conservatory fade away before the first breeze, which had they been of out-door growth, would have invigorated instead of destroying their tender natures.

Is there, then, to be nothing peculiar in homeopathic diet, and are there no rules to be enforced? The only rule, and we may enforce it with peculiar rigor, that I can conceive as universal, is, that every one should eat and drink what his own experience has taught him agrees best with him, and we on our part need not be at all afraid of the efficacy of our medicines being seriously impaired by what contributes to the well-being of the individual. It may seem very strange to order a dose of Capsicum to a man who dines upon curry. But is it more strange than ordering a dose of Calcarea to a man who drinks a thousand times the amount of the dose in every glass of water?— These are both strange, but life is stranger still, and we are utterly unable to unravel the complex influences on which its integrity depends, and we therefore cannot understand how powerfully substances act in their curative sphere of operation which are quite inert in their nutritive. If we were to throw out a conjecture, it would be that the medicinal action of a substance resembles a distinct impulse upon the nervous system like a note of music, and as an impulse, that is purely dynamically, takes effect, whereas the same substance conveyed through the system for the purposes of nutrition, does not secure the attention of the nervous system at all. Be the explanation what it may, fortunately for the possibility of