

# J. Ellis Barker

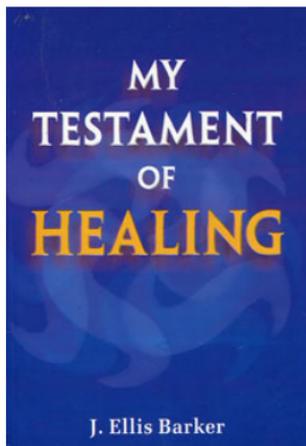
## My Testament of Healing

Leseprobe

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von J. Ellis Barker

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## CHAPTER 1

### WHAT PATIENTS TELL THE DOCTOR

THE evidence of witnesses in a Court of Law is extremely unreliable. Most people are unobservant, and very frequently they report wrongly what they have heard or seen. Besides, memory plays extraordinary tricks. For instance, if a man has had a vivid dream of some occurrence, he may imagine that the occurrence which took place in a dream had taken place *in* real life. Therefore the evidence of witnesses has to be criticised and sifted v/ith the utmost care. The evidence of a patient is still more unreliable. Patients report only what they wish to report, and not infrequently deliberately mislead the practitioner *by* false statements or by omitting very important fae><

Many people, especially women, are very loyal, and they wish to shield their husbands. It is very important to know the character of relations between husband and wife, between parents and children. Very frequently the cause of illness is to be found, not in some physical fact or anomaly which can be ascertained by the usual medical methods, but by studying extremely important sentimental facts. After all, the mind rules the body although the mind is, of course, greatly influenced by physical factors, especia^y by ill health and suffering.

Sex relations are very important. If a woman does not love her husband, and if intimacy is disagreeable or hateful to her, then she is apt to produce for her protection some sex disease or disorder which makes physical relations unpleasant or impossible. Some women produce some disease or disorder of the sex organs, and others produce violent cramps which make intimacy impossible.

Some time ago a woman came to me with a grave disorder of the sex organs. Very naturally I asked her

asked him: "Do you take much alcohol?" He replied: "Oh, no, I only take occasionally a glass of very mild beer." There was, of course, the possibility that the horrible breath was due to indigestion, cancer in the stomach, sepsis in the mouth, chronic constipation, etc. When people are very ill they are usually accompanied by their wives or husbands when seeking medical advice. When the interview was over the pair left me. The wife had deliberately left her umbrella. When her husband was downstairs she flew up the stairs to get it, and said to me: "My husband drinks like a fish." — "And what does he drink?" — "Anything and everything, particularly spirits, and in enormous quantities."

Patients do not wish to be told the truth by their doctors, they wish to be told a pleasant truth. They often withhold the fact that they have violent pain, that they live in the fear of cancer or insanity or paralysis, and they do not mention the fact that in their family there has been insanity, paralysis or cancer. Frequently patients say: "I come from extremely healthy stock. All my people died of old age." If one enquires into the details one may find that the father died at 42 of tuberculosis, and the mother at 56 of cancer of the breast, and that the family is thoroughly unsound.

People are apt to complain, not about important matters which affect the body, but about unimportant matters which affect their appearance and their comfort. A good-looking woman will only mention persistent rash on the face, or a red nose, or pimples on the chin, or a developing beard, or malodorous perspiration, although in reality she may suffer from the most violent indigestion, severe trouble at period-time, extreme weakness and so forth. Most people are horribly ashamed if they are afflicted with evil-smelling foot sweat. I had treated for two years a lady, sixty years of age, for a large fibroid tumour in the womb, arthritis and other troubles. When the arthritic swellings of her wrists and fingers had vastly improved, I asked her whether she was satisfied with her feet. She was not at all satisfied with her feet, in fact she was

## CHAPTER XXXI

### FREQUENT MISCARRIAGES

ON April 13th, 1936, I received a letter from Mrs. M., who lived in a town on the South Coast. I had cured her mother, who had been given up by the doctors. A specialist had told the family that Mrs. M.'s mother had, at the most, three months to live. I succeeded in curing her, and all the other members of the family became *my* patients.

Mrs. M. was an extremely nice and affectionate woman, highly intelligent and able. She was married in March, 1931, and she desired a baby. However, her wishes were not fulfilled. She had a miscarriage in the spring of 1933, after a two months' pregnancy. She became pregnant once more, and aborted after two or three weeks. The third miscarriage occurred after two or three weeks' pregnancy, and a fourth one after a three and a half months' pregnancy.

Mrs. M. was in despair, for she loved children, and was extremely desirous to have offspring. Naturally, she had consulted doctors and specialists and a gynaecologist, and they had done what they usually do. They had examined her, curetted her, and given every possible local treatment, and then had shrugged their shoulders. She had been given many injections and other so-called scientific treatments, and had despairingly come to the conclusion that she was not meant to have a baby, and that her position was hopeless.

I asked Mrs. M. to come up to London, and I saw her on April 22nd, 1936. In my directions I summarised her condition as follows:

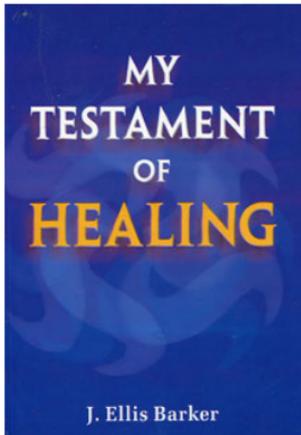
" You are 31 years old, have been married for five years and have come to me complaining that you have had several miscarriages after pregnancy of two or three weeks or months, and you have been treated for this disability with scraping of the womb, injections

this complaint Mrs. M. had been curetted, an incredible proceeding under the circumstances. Curetting is a reprehensible measure in all cases, particularly when nature does her own curetting by causing a woman to discharge the lining of the womb in large pieces, as was the case with Mrs. M. Later on I discovered that the skin between her toes was apt to peel. This is a symptom indicating Silica, an admirable remedy for strengthening the weak. Therefore, I gave her Silica in various potencies.

On September 13th Mrs. M. reported: "As regards my period, the discharge is a better colour, and there is hardly any trace now of membranes. I have no longer any queer feelings before the period occurs. Stomach and bowel gas is now entirely absent. The urine is still a little cloudy, skin between the toes still peels, though not nearly so badly as before. Nerves are steadier."

The building-up process by means of the remedies mentioned was continued, but as the general building-up had been very satisfactory. I resolved to go a step further and to concentrate upon strengthening her womb, which was obviously very weak and flabby. I therefore gave her *Caulophyllum 1x* in alternation with *Helonias 1x*, both described as womb tonics on the boxes in which they were contained. Needless to say her bowel was carefully regulated with paraffin and with large quantities of bran. Then she had an ulcer on the eyelid, for which I sent *Calcarea Arsenica*. The lady became totally changed in character, was no longer flabby, nervy, and more or less hysterical. She became a sturdy woman, but there was still considerable nerve weakness, and as she told me that she was upset by standing, Sulphur was clearly indicated. I gave her Sulphur 6x; to overcome this weakness, and *Asafoetida* to improve her digestion and her nerves,.

On October 26th Mrs. M. reported to me that she had added a good deal of weight, but that she was keeping her weight on the level by working very energetically in the garden, and she concluded the letter with the words: " Many people have remarked this week how well I am filling out and I am looking all the



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