

## FLU

Bonnie M. Sheaffer, RN  
C. Edgar Sheaffer, VMD

Recently, the local PBS station aired the documentary on the flu epidemic of 1918. The facts and statistics certainly produced a wealth of information about this most difficult time. However, an impression of hopelessness and fear pervaded the entire presentation. Either one lived or died. It appeared to be a simple roll of the dice. No helpful or effective treatment was identified. Now with all the media hype concerning the “Bird flu”, it is no wonder that folks are jittery and concerned. Well, the major media appears to focus on the negative and the “drama of the day”. And unfortunately many feed on such information and live their lives by it.

Having spent the last 40 plus years looking at life and health differently, it is with confidence that the negative need not rule one’s life. Fear can be a powerful thing, if you let it be. One wise person said, “You need to fight fear in you life.”

Facts regarding effective flu treatments have been available since the Great Flu Epidemic. It only takes a conscientious, meticulous reporter doing his/her homework to find answers for these health issues. The record of success by employing homeopathic medicines instead of chemical drugs is noteworthy.

Unfortunately, even today the vast majority of people place their children and themselves on the altar of the high priests of chemical medicine. What to do? Gain in insight and comprehension about homeopathic medicine. Gain in knowledge and understanding of proper nutrition.

The following is an excerpt from The Faces of Homeopathy an illustrated history of the first 200 years by Julian Winston. It is reprinted here to inform, inspire and to build confidence. Julian was the premier homeopathic historian and his passing leaves a very large space to fill.

It is hard to imagine the devastation caused by the flu epidemic of 1918-19. People who lived through it reported that someone who was up and well in the morning could be dead by evening.

It was about as deadly as the Black Death. 20 million people died world-wide. 12.5 million died in India alone-four percent of the population. In the United States, 548,000 people died in the epidemic.

The following is an extract from an article entitled “Homeopathy in Influenza- A Chorus of Fifty in Harmony” by W.A. Dewey, MD from the *Journal of the American Institute of Homeopathy* in 1921:

- Dean W.A. Pearson of Philadelphia collected 26,795 cases of influenza treated by homeopathic physicians with a mortality of 1.05%, while the average old school mortality was 30%.

[Explanation: conventional treatment of folks with flu caused at least 8038 deaths while the homeopaths lost only 281 patients. That is a statistically significant difference.]

- Thirty physicians in Connecticut responded to my request for data. They reported 6,602 cases with 55 deaths, which is less than 1%. In the transport service (during WWI) I had 81 cases on the way over. All recovered and were landed. Every man received homeopathic treatment. One ship (using conventional therapy) lost 31 on the way.

- H.A. Roberts, MD, Derby, Connecticut

[Explanation: a number of homeopathic physicians served in the Armed Forces during WW1 and made use of their homeopathic training. American Homeopathy in the World War; Frederick M. Dearborn, MD; 1923]

· In a plant of 8,000 workers we had only one death. *Gelsemium* was practically the only remedy used. We used no aspirin and no vaccines.

-Frank Wieland, MD, Chicago

·I did not lose a single case of influenza; my death rate in the pneumonias was 2.1%. The salicylates, including aspirin and quinine, were almost the sole standbys of the old school and it was common to hear them speaking of losing 60% of their pneumonias.

[From 1916 to 1918, in the early years of the Flu epidemic, for most patients, the cause of death was recorded as purulent bronchopneumonia.]

- Dudley A. Williams, MD, Providence, Rhode Island

·Fifteen hundred cases were reported at the Homeopathic Medical Society of the District of Columbia with but 15 deaths. Recoveries in the National Homeopathic Hospital were 100%.

-E. F. Sappington, MD, Philadelphia, PA

·I have treated 1000 cases of Influenza. I have records to show my work. I have no losses. Please give all credit to homeopathy and none to the Scotch-Irish-American!

-T. A. McCann, MD, Dayton, Ohio.

·One physician in a Pittsburgh hospital asked a nurse if she knew anything better than what he was doing, because he was losing many cases. “Yes, Doctor, stop aspirin and go down to a homeopathic pharmacy and get homeopathic remedies.”

The Doctor replied: “But that is homeopathy.”

“I know it, but the homeopathic doctors for whom I have nursed have not lost a single case.”

-W. F. Edmundson, MD, Pittsburgh, PA

·There is one drug which directly or indirectly was the cause of the loss of more lives than Influenza itself. You all know that drug. It claims to be salicylic acid. Aspirin’s history has been printed. Today you don’t know what the sedative action of salicylic acid is. It did harm in two ways. Its direct action came through the fact that aspirin was taken until prostration resulted and the patient developed pneumonia.

-Frank L. Newton, MD, Somerville, MA

·Aspirin and other coal tar products are condemned as causing great numbers of unnecessary deaths. The omnipresent aspirin is the most pernicious drug of all. It beguiles by its quick action of relief of pain, a relief which is but meretricious. In several cases aspirin weakened the heart, depressed the vital forces, increased the mortality in mild cases and made convalescence slower. In all cases it masks the symptoms and renders immeasurably more difficult the selection of the curative remedy. Apparently aspirin bears no curative relation to any disease and it ought to be prohibited.

-Guy Becky Stearns, MD, New York

·Three hundred and fifty cases and lost one: a neglected pneumonia that came to me after she had taken one hundred grains of aspirin in 24 hours.

-Cora Smith King, MD, Washington, DC

·I had a package handed to me containing 1,000 aspirin tablets, which was 994 too many. I think I gave about half dozen. I could find no place for it. My remedies were few. I almost invariably gave Gelsemium or Bryonia. I hardly ever lost a case if I got there first, unless the patient had been sent to a drug store and bought aspirin, in which event I was likely to have a case of pneumonia on my hands.

-J. P. Huff, MD, Olive Branch, KY

[The Faces of Homeopathy- An Illustrated History of the First 200 Years, Julian Winston, Great Auk Publishing, 1999]

### **JERRY IS RIGHT**

Our bodies are not machines. They are beautifully and wonderfully made. They are not machines. Jerry Brunetti is right. When one is ill - go to the farm not the pharmacy. What grows on a farm? Food that is fresh and homegrown. Herbs that have over the years been cultivated studied and now are professionally manufactured and available to the populace.

### **SOURCES OF INFORMATION**

Thirty years ago, organic and sustainable agriculture was a rare find. Malabar Farms and the Rodale Institute were all that we knew except for Walnut Acres. Since the 1950s Walnut Acres had been shipping organic foods by mail order, and in 1980 we became one of their regular customers. About that same time we learned of homeopathic medicine. Dr. Henry Williams came into our lives our journey of alternative medicine began. Learning the truth

about the power of the minimum dose became a freeing experience. Once the commitment had been made to eat whole foods and employ homeopathic medications, we were more able to fight the fear of unknown disease. The National Center for Homeopathy continues to be a rich source of reliable information.

#### HOMEOPATHY FOR THE ILL ANIMAL

All animals regardless of the species will manifest unique symptoms when disease occurs. It is the keen observe who will monitor those symptoms and match them to the proper homeopathic remedy. Always remembering that healing occurs in stages, the homeopathic choice may change as the body heals.

*Carbo vegetabilis* often referred as the great reviver is useful in early and late stages of influenza. The patient becomes almost lifeless as if he would faint. A spasmodic cough with burning in the chest, bluish cold face and collapse quickly leads to asthmatic respiration. He will be better from fresh air and may request to be fanned.

*Bryonia alba* fits the patient whose pains can be described as stitching and tearing, worse from motion and better from rest. Consequently, the patient is reluctant to move and desires pressure on the painful part. A dry hacking cough accompanies an excessive thirst for large quantities of water. There may be sharp stitching pain in the chest with pleurisy or pneumonia.

*Arsenicum Album* fits the patient who has weakness and chill. Cardinal symptoms are great fear of death, restlessness, thirst for frequent sips and aggravations after midnight. Discharges are acrid (burning) and the patient feels better from covering and warmth.

*Gelsemium* patient is chilly and thirstless with loss of appetite accompanying neuromuscular pain and weakness. His eyelids are heavy and he wishes to lie down. Dullness, drowsiness and droopiness are characteristic symptoms. Being able to urinate brings temporary relief.

### Conclusion

- Homeopathic care provides excellent results for patients with Influenza and other contagious viruses.
- Prescribing by the simillimum is more effective than using combination medications.
- Aspirin and other coal tar derivative drugs suppress the vital force making the body less responsive to natural therapies.
- Dig your well before the drought: learn homeopathic medicines and become acquainted with a graduate holistic practitioner while you are well.
- Be careful what information you accept and whom you believe: the popular media may give information which leads to fear and panic.