

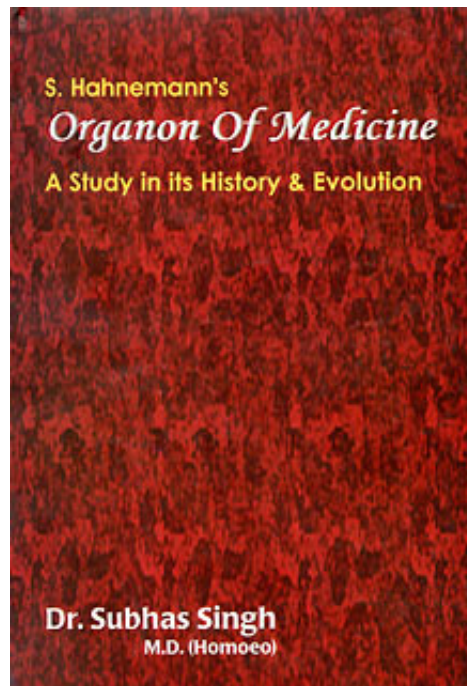
Subhash Singh

S. Hahnemann's Organon of Medicine - hardcover

Reading excerpt

[S. Hahnemann's Organon of Medicine - hardcover](#)
of [Subhash Singh](#)

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SECTION-II**FRIEND OF HEALTH****TITLE:**

FREUNDE DER GESUNDHEIT, it means *The Friend of Health*.

YEAR OF PUBLICATION:

The book was published in two Parts :

PART ONE was published in 1792 and has 100 pages, and,

PART TWO was published in 1795 and had 96 pages.

PUBLISHING HISTORY:

Part one was published by M/s Fleisher of Frankfurt, and Part two by M/s Crusius of Leipzig.

Dr. Ernst Stapf included it in KLEINE MEDICINISCHE SCHRIFTEN VON SAMUEL HAHNEMANN published in 2 volumes, in 1829 at Dresden and Leipzig.

Dr. R.E. Dudgeon included it in his LESSER WRITINGS OF SAMUEL HAHNEMANN.

It is also available in the Indian Print of Hahnemann's Lesser Writings.

THE CONTENT:

'Friend of Health' consisted of short essays on various medical subjects.

Part one had the following essays:

- ** The Bite of Mad Dogs,
- ** The Visitor of the Sick.
- ** Protection against infection in Epidemic diseases,
- ** In old Woman's Philosophy there is something good did we know where to find it.

- ** Things that spoil the Air.
- ** There is Good even in Hurtful Things.
- ** Dietetic conversation with my brother about the Stomach.
- ** An Occasional purgative surely that can do no harm?
- ** On Making the Body Hardy.

Part two consisted of the following essays:

- ** Socrates and Physon.
- ** Plans for eradicating a Malignant fever, in a letter to the Minister of Police
- ** On the Prevention of Epidemics
- ** On satisfaction of our Animal Requirements other than in a Medical Point of view.
- ** A nursery
- ** On the choice of a Family Physician.

SUBJECT MATTER:

The "Friend of Health" in 1792 was a group of more or less popular discussions of medical topics. "*Bite of Mad Dogs*" speaks of the erroneous opinions held by the public regarding the existence of specifics in rabies particularly internal medicines as advocated by many clinicians. Hahnemann asks, "*Can a medicine be extolled as infallible that has not cured ten cases of his disease?*" In a footnote Hahnemann suggests Belladonna as a theoretical antidote, "*but it must be so strong that two grains of it are sufficient to causes in a healthy individual, troublesome symptoms*".

"*Protection against Infection*" is common sense advice to those meeting contagious disease; keep well, eat well and avoid fatigue. The fumigation of the sick room is of no value but frequent changes of air are all important.

"*Old Women's Philosophy*" is an interesting explanation of popular superstitions such as the "dirty stocking around the neck" in sore throat, which he says is a way to bring warmth to the cervical glands and is not unreasonable.

A very sound, almost modern discussion, though faulty in chemistry and physics, is found in "*Things That Spoil the Air*". The author maintains Fresh air and cleanliness are the ultimate in hygiene.

"*Dietetic Conversation*" is a rational discussion of dietary measures stressing individualization in diet prescription and more careful observation and questioning.

That nature is capable of herself to evacuate bowel contents and "infinitely better than can be done by our own art" is the message in "*An Occasional Purgative*". It should be noted that those advises he gives in an age when evacuation of morbid products was the widely popular, accepted and considered as the logical therapy.

In "*On Making the Body Hardy*", Hahnemann suggests the union of the peasant constitution with a good cultivation of the mind as the "*ne plus ultra* of a rational and suitable education." This is one of the best examples of freethinking present in any medical literature of the time.

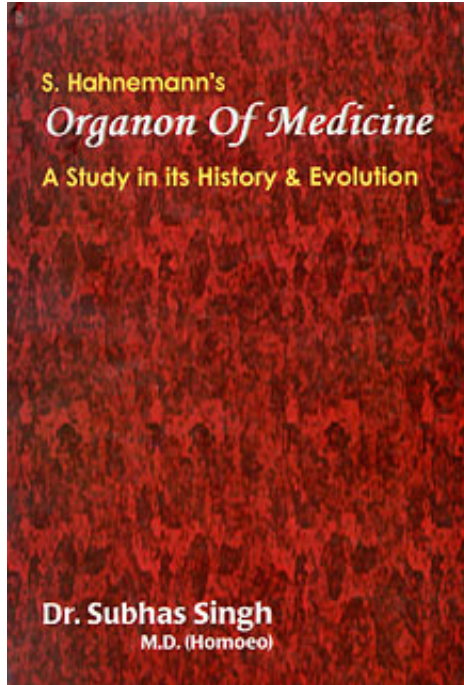
To see clearly a problem in epidemiology is the task of a medical man thoroughly trained in public health measures. In 1795 Hahnemann presented a series of rules in "*Plans for Eradicating a Malignant Fever*" which will stand the test of today's requirements. With stilted phraseology and interrogatory expressions he outlines a contagious hospital with the problem of isolation adequately solved. "They (the infected cases) belong to the state until they are rendered innocuous". The goal of the public health officer is visualized.

Immediately following is "*On the Prevention of Epidemics*" which is an excellent discussion of the origin and spread of epidemics and advice are as: avoiding all group gatherings, isolate people even indisposed; and much more in the same vein show how adequately Hahnemann had considered the problem of contagion.

An unusual dissertation on temperance is given in "*On the Satisfaction of Our Animal Requirements*".

"*A Nursery*" displays great common sense about baby feeding and infant hygiene. It reveals the rarity of diseases due to "teething", and is excellent even by present-day standards.

In "*On the choice, of Family Physician*" he suggests as family physician one who "prescribes few, generally single medicines in their natural state".



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