

**BACH FLOWER
REMEDIES
FOR EVERYONE**



by

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Discovery of Bach Flower Remedies

Bach flower remedies were discovered by Dr. Bach physician, Homoeopath and consultant, Bacteriologist. He stayed in Mount Vernon, in little house with a small garden in Harley Street, a part of Thames Valley.

He dedicated his life to discover 38 non-poisonous wild flower remedies. Each of the 38 remedies is co-related to a specific negative state of mind, personality trait mood or temperament, that so often prove to be the real cause psychosomatically, in the break down of one's physical and mental equilibrium.

Nora Weeks and Victor Bullen were to sincere people who supported Dr. Bach till his end.

Dr. Bach's Homoeopathic knowledge of plants, his study of nature and essentially his great sensitivity set him on the road to discover his first 19 remedies. Later during his latter two years after he had settled at Mount Vernon, he discovered his final 19 remedies.

How does Bach flower remedy work, Placebo effect

How do the Remedies Act:

The Bach Flower remedies contain the life force in the plant, we know that no physical part of the plant remains once preparation is complete and therefore no physical part of the plant is ingested.

The healing property within a flower may therefore be considered to be the outlet of the Life Force of that plant, in effect the soul or spirit of the plant, because it is an intrinsic thing, just as our spirit or soul is to us it cannot be handled, injured or destroyed.

Everything in life has a purpose, from the simplest forms to the most complex, each one having a part to play in the workings of the great machinery of life. Plants contribute in a variety of ways Some provide food, others act as a host to parasitic life forms, others nourish the soil or provide oxygen, others have the ability to heal. Most herbal preparations procure the medicinal properties by extracting the oil or by drying the leaves or the root. Dr. Bach's remedies are an extract of the healing "life" of the plant which is non-physical and therefore something abstract. It cannot be measured or analysed, like a chemical or drug and so the potent element cannot be extracted and identified. To attempt to examine the healing properties in a scientific way would be like adopting a scientific approach to explain why we are moved by a certain music or why we might feel peaceful by the sea. Their healing energies simply lift our vibrations and unblock the channels within our minds so that

we can approach life more positively and with the return of inner strength and harmony, the body's own natural healing processes are able to begin.

The remedies therefore help us to help ourselves, so think of them not as a medicine but as part of life-part of you. Take them as you need them, just as you would eat when you are hungry or drink when you are thirsty. They act not by attacking disease but by flooding our bodies with the beautiful vibrations of our Higher Nature, in the presence of whom disease melts away as snow in Sunshine..

Placebo Effect:

This can be disproved in the successful use of the remedies on animals and little children often too, people in an extremely irritable mood, or vile temper are helped successfully and they certainly would not be receptive to any form of auto-suggestion.

Conducting a Consultation

First of all as the patient enters the chamber greet him/her in a warm and friendly manner, offer a seat to the patient. Care should be taken, that the person sitting should face you so that you can observe the finer details like general behaviour, expression and attitude. The person conducting the consultation should sit in a seat from where he/she has easy access to the literature, sample bottles. Depending on the time a circumstances, offer the patient tea or drinks so as to make them feel at ease. The next step is to determine the purpose of the visit, and if it is necessary to briefly explain the principle of this method of healing first before proceeding further.

The next step is to allow the patient to narrate in his own words about his sufferings. If the narration of the patient is on the right track, interrupt him when it is necessary to determine or enlarge on an important fact mentioned. Whilst this is going on the person should tick particular remedies on a paper. By the process of elimination and again through pertinent questions, the choice of remedies would narrowed down to six remedies or less. Some people are extremely easy to determine and an interview can be over within 15 mins. or so, whereas others can be more difficult, and it is upto the person who is taking an interview to go more deeply not only by asking more questions but also by discussing his personal life, hobbies, work, etc. The patient after this friendly interview will usually confide in the person taking interview regarding his personal problem.

ADVANTAGES OF BACH FLOWER REMEDIES

The value of Bach flower remedies cannot be overestimated when dealing with acute and chronic diseases. First of all they are prepared from natural resources such as flowers which are quite harmless.

There is no complex procedure in its manufacture and there is no dynamisation viz. potentisation like homoeopathic drugs and hence cannot produce any harm to the person.

The principles of prescribing Bach Flower Remedies are very easy and can easily be learned and grasped by young or old. The science does not demand elaborate study of mental state as is required for Homoeopathic prescribing. One can also select more than one drug for the same patient and these can be given at the same time.

Dispensing of Bach Flower Remedies is the most simple process, one can conveniently give them in drops or pills either diluted with water or fruit juices. They are also easily available and the cost involving in purchasing the same is very minimal as compared to modern medicine and Homoeopathy.

Materia Medica

AGRIMONY ✓

MENTAL TORTURE BEHIND "BRAVE FACE"

Carefreeness masks mental torture-a turbulent state of mind

Seeks excitement the consequences of which can be dangerous and may bring harm.

Restless at night. Caused by churning thoughts (See also White Chestnut).

Dislikes being alone-may seek companionship in order to escape from and to forget worries.

Under stress, can resort to alcohol or drugs in order to dull mental torture.

This remedy is for those people who hide their feelings behind a brave and cheerful face. They are normally bright and happy people, often vivacious, and others rarely see the anxiety which is within the person's mind. Pain, worry, ill-health are swept aside with a light breezy remark, pretending all is well. Their inner suffering can be torture for them at times, but they still try to maintain a smile so that their feelings remain hidden. This remedy helps those of this nature when they are in distress to relax within themselves so that they can put their difficulties into perspective and share their problems if necessary.

ASPEN

VAGUE FEARS OF UNKNOWN ORIGIN

Fears, by day or night for known reason.

Apprehension. Terror on awakening-from a bad dream, although forgotten. Fear of going to sleep again. Terrible forboding.

Examples.

- Fear of darkness
- Fear of death
- Fear of thoughts of disaster
- Fear when alone, or suddenly when among friends-inexplicable
- Fear of fear.
- Afraid to tell her trouble to others.

This remedy is indicated for fear, it is also referred to as "the trembling tree" because it leaves appear to shiver and whisper in the breeze. There is fear for unknown things which can be quite disturbing and fill the sufferer with panic for no apparent reason. The Aspen fear takes the form of apprehension, anxiety anticipation, foreboding or dread. But when the sufferer is asked what he or she is afraid of, nothing specific can be identified and they cannot explain why they are so fearful. Symptoms may include headaches, eyestrain, haunted look, sweating, trembling, gooseflesh, sudden faintness, sleep walking/talking, tiredness and exhaustion.

BEECH ✓

(INTOLERANCE)

Intolerance. Does not try to understand or make allowances for shortcomings of others.

Critical. Lacking in humility and sympathy.

Annoyed at small habits, mannerisms, idiosyncrasies and gestures of others.

Must have exactness, order and discipline everywhere.

A taskmaster. complains about others.

Keeps to himself, lonely.

Those who require this remedy find it difficult to understand the shortcomings of others. Beech people can be very critical of the behaviour of those whom they consider foolish, shortsighted or ignorant and therefore often lack tolerance. They find people's habits and idiosyncrasies annoying and although they consider themselves to be perfectionists, they find it difficult to appreciate that others too have their own set of ideals and therefore might have good reasons to act the way they do. Beech people in many ways can appear to be quite patient and calm; yet are often seething with irritation inside. The Beech remedy helps those of this nature to step for a moment into another's shoes in order to adopt a more understanding and tolerant attitude.

Symptoms tends to affect upper chest areas, tension in jaws, arms and hands from clenching.

CENTAURY ✓

(WEAK-WILLED/SUBSERVIENT)

Timid, easily imposed upon

Little strength of will.

Doesn't argue or stand up for self a 'door mat'
Cannot say 'no'

Thoughts, actions often coloured by dictates and ideas of others and by conventions.

May be bound to family or parent.

Servile instead of being a willing helper

People belonging to this sort of a personality are very helpful. They can never say 'no' to anyone. This remedy gives strength to those who find it hard to stand up for themselves.

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People belonging to this sort of a personality are very helpful. They can never say 'no' to anyone. This remedy gives strength to those who find it hard to stand up for themselves.

They are full of kindness and ever willing, always eager to help or be of service; because of their gentle and generous nature, they are easily dominated or manipulated and often find themselves the victim of stronger, more powerful personalities who may take advantage of their kind heartedness. The centaur person may then become exhausted by over work and begin to despise him or herself for being so weak. The remedy helps these gentle folk to remain gentle but firm when the need arises so that they gain more respect and appreciation.

Symptoms: shoulders and back may be affected, white face with rings under the eyes.

CERATO ✓

(SEEKS ADVICE & CONFIRMATION FROM OTHERS)

Doubts own ability.

Seeks advice from one and all, often influenced and misguided by advice of others which can cause dissatisfaction but needs their attention.

Lacks confidence in own judgement.

Distrusts own convictions. Changeable. Foolish.

Talkative. Always asking questions.

Tends to sap vitality of others by seeking advice.

Has tendency to imitate.

This remedy is for those who distrust their own judgement.

When they make a decision they question it and often ask the opinion or advice of others as a form of reassurance and confirmation. These people can be swayed by the thoughts and ideas of those whose opinion they seek and as a result may take the wrong path. They may say, I knew, I should have done so and so, OR they might ask the advice of every friend asking "what shall I do" "What would you do if you were me, and then having absorbed all the answers decide to do it their own way after all. Cerato people waste so much time in making a decision

and because of this habit, they may miss out on many opportunities. Cerato personality in short lacks confidence in their judgement; once they have made up their mind, they do have the confidence to take up the challenge and often succeed.

CHERRY PLUM ✓

(FEAR OF MIND GIVING WAY)

Desperation

Verge of nervous breakdown. Near hysteria, can shout for help.

Fear of suicide.

Fear that mind will give way to doing fearful things.

Fear of losing control and reason.

Fear of insanity.

Possibility of sudden murderous and violent impulses.

This remedy is for the desperate fear of the mind giving way, of insanity and of the impulse to do harm to other people or to oneself. It is therefore, the remedy for those who become prone to thoughts of suicide. The Cherry Plum state may follow a long period of anxiety or depression and those in this desperate frame of mind are often on the verge of a nervous breakdown or feel that they are on the point of madness. The remedy can, however also be of help when the mood is of an acute or sudden nature and is indicated wherever there is lack of emotional control such as sudden outbursts of irrational behaviour unusual rate or violence.

Symptoms usually build up over a period of time, pallor, staring eyes, agitation, sometimes nervous talk or obsessive questioning, imminent mild insanity.

CHESTNUT BUD

(FAILURE TO LEARN FROM PAST MISTAKES)

Takes a long time to learn by experience sometimes fails to do so.

Repeats making the same error.

Compulsive repetition of what has already been told.

Tries to forget the past but has no guide to help now or in the future. A pitiful situation until mistakes are recognised and thus avoided.

This remedy helps those who cannot learn the lessons of life. When confronted with a situation for the second or third time,, these people do not derive experience from the first incident but keep on repeating the same mistake again and again.

Chestnut Bud helps such people to observe the lessons of experience so that they do not suffer the distress of repeated experience.

CHICORY

(POSSESSIVE-SELFISH)

Possessive love.

Easily feels hurt and offended and rejected.

Requires others to conform to their 'high sense of values' especially those near and dear.

Interfering.

Constant attention.

Talks of 'duty owed to him'

When thwarted, becomes fretful, even tearful.

Poisoned by such emotions.

Dislikes being alone.

Selfish, deceitful, strongwilled, talkative, irritable, enjoys arguments.

Chicory is the remedy for those who are of a 'mothering' type. They are kin and loving but have a tendency to fuss and be overprotective. They are the happiest people when they feel they are needed by their family members and are contented when they are asked to manage or organise something. This sort of an emotion can become overpowering at times causing those they care for to feel stifled by such a strong emotional embrace. They then attempt to hold on to their loved ones becoming selfish and possessive, feel rejected and easily hurt and tend to adopt a no-one appreciates me attitude. The chicory remedy helps these people to let go, to love and advise without demanding love and attention in return. It is also helpful in children who "cling" and demand constant attention, who become possessive over friends or toys.

CLEMATIS

(DREAMERS-LACK OF INTEREST IN PRESENT)

Vacant look. Inattentiveness.

Pre-occupation. Indifference. Impractical type of person. Bemused, absent-minded.

A dreamer.

Drowsiness. A heavy sleeper.

Enjoys doing at any time-falls asleep easily. Listless.

Prefers to be alone. Avoids difficulties by withdrawing.

Those people belonging to this remedy are often of a creative artistic nature and love to have something to look forward to something to fantasize about. They may lack interest in the present because their minds are full of hopes and dreams of the future. They may become inattentive, dreamy and absentminded and appear to be in a world of their own, oblivious of what is going on around them. They are inclined to lack concentration and easily become with a conversation or event which is not dynamic enough to hold their interest. These

people they hear without listening see without looking and forget what they are saying or what is being said to them. It is good for day dreamers. It is also helpful where consciousness is lost, fainting or where there is a sensation of faintness or bemused state of mind.

Symptoms may include drowsiness, constant inclination to sleep, marked pallor, slowness, sensitivity to noise, numbness faintness, indifference, make little effort to get well and may even welcome prospect of death.

CRAB APPLE ✓

(SELF-HATRED-SENSE OF UNCLEANLINESS)

Feeling of despair, uncleanness, disgust has said or done something contrary to true nature.

Feels mentally and physically unclean.

Ashamed of physical condition and appearance.

Despondent if treatment fails (see also Gentian).

Has trivial thoughts-a 'bee in bonnet'-fussy-house proud.

This is known as the "cleansing remedy" and is indicated whenever there is a feeling of having been soiled, for example by disease, pollution touching a dirty object or dealing with infected material. In such instances there is an intense feeling of uncleanness and a compulsion to rid the system of the 'poison'. On some occasions the urge is so great that those in need of this remedy feel they must wash over and over again because they are convinced they have been contaminated in some way. They are generally very fastidious by nature with regard to hygiene generally.

Crab Apple is also indicated where there is a feeling of self-disgust or self-loathing, when the reflection of oneself in a mirror causes repulsion, and for those revolted by such things as food and eating, bodily functions, sex or sickness.

Another aspect of this remedy is in the help it gives to

people who are more worried about their external appearance and not so bothered about their serious illness. This remedy helps such people to see things in their true proportion. Dr. Bach described it as "the remedy which helps us to get rid of anything we do not like either in our mind or our bodies."

Symptoms may include skin ailments, poison in body or would offensive feet, dislike of physical contact; e.g. breast feeding.

ELM ✓

(OVERWHELMED BY RESPONSIBILITY)

Sudden feeling of being overwhelmed by responsibilities and being inadequate for them.

Consequential dependency and exhaustion with ideas of being unequal to the job.

Even momentary doubt of abilities causes weakness and debility.

But all symptoms are only temporary.

Elm is the remedy for those who at times, find that the pressures and responsibility of their work or family commitments become overwhelming, leaving them feeling inadequate and worn out. They are usually capable people and may indeed hold a responsible position, but when the burden of their responsibility, whatever it might be, begins to pile up, it eventually becomes too heavy to bear. The mind can under such circumstances, give way to panic at not being able to cope, and those who suffer this way feel they cannot take it anymore. This can be especially stressful if the person concerned holds a position of importance, when their capability and competence is crucial or is a person upon whom others rely. This remedy helps the mind to become calmer so that the problem can be put into perspective and thought about clearly, rationally and methodically, thus encourages the confidence which has been temporarily lost, to return.

GENTIAN

(DISCOURAGEMENT-DESPONDENCY)

Negative outlook. Melancholy. discouraged when things go wrong or when there are difficulties.

Despondent and depressed at setbacks for a KNOWN cause.

Refusal to believe that it is one's own lack of faith and understanding that prevents overcoming problems.

Failure to comprehend one's own negative mentality attracts these conditions of despondency and melancholia.

Remedy to help discouraged school children.

This remedy is for despondency and discouragement occurring as a result of a disappointment,, for example failing in examination or interview, losing a job and other events which may make one feel depressed. Gentian is also helpful when the mind is filled with doubts of one's ability to succeed after an initial failure, when one is inclined to loose faith. The Gentian remedy lifts the spirits and given encouragement needed to try again. It helps to dispel negative thinking and allows positive attitude to return "I will succeed" is the Gentian motto.

GORSE

(HOPELESSNESS-DESPAIR)

Hopelessness, despair, after being told nothing more can be done.

Must continue to bear pain & suffering may be convinced of inherited conditions.

Almost useless to try different treatments.

Hopelessness and despair is the hallmark of Gentian personality. A second attempt after disappointing failure seems useless and the Gorse person will not try again. When ill, these

people do not expect good health to return and they give up hope of ever getting better. The gorse person will never take the initiative unless and until forced by a close friend or relative e.g. they might say "well I'll try if you want me to, but I don't suppose it will do me any good. Nothing can help, so there is little point in trying" If this medicine is administered hope will begin to return and this will lift them out of their gloom and help them to realise that all their prospects and chances are not lost.

Symptoms may be a condition that apparently cannot be cured, a genetic illness, repeated failure or disappointment. Often see with dark rings under eyes, hopeless expression-expression of grief.

HEATHER

(SELF-CENTREDNESS, SELF-CONCERN)

Self-centredness. Self-concern

'Obsessed' by ailments, problems and their trivia. Always wanting to tell others about them and about themselves. Sometimes weepy.

Come close-speaks close into your face 'button-holders'

Saps vitality of others, consequently is often avoided.

Dislikes being alone.

Makes mountains out of molehills.

A poor listener-has little interest in problems of others.

Heather people are very loquacious. They enjoy talking about themselves, their family and friends and when unwell, will talk of nothing but their ailments. Their audience has difficulty contributing to the conversation and even when they do, it merely serves to feed the Heather person with reminder to tell, yet another story about themselves. Because of their nature, they are avoided by people which in turn leaves them lonely.

Another indication for Heather is when there is total selfabsorption or obsession with one's troubles or ailment; when the mind thinks of nothing else. The remedy then helps the sufferer to take their mind off themselves and so consider the other important issues of life going on around them.

HOLLY

(HATRED, ENVY, JEALOUSY)

Hatred, Envy, Jealousy, suspicion, Aggressiveness, Greed.

Absence of love. Misunderstanding. Bad temper. Various forms of vexation. Anger towards fellow man.

Suffers much-often without a cause.

This remedy is for jealousy, envy, hatred, ravenge, suspicion. The emotion is strong and burning and can give rise to outbursts of temper. Holly emotions can also cause a great deal of anger, it is for more explosive feelings.

HONEY SUCKLE

(LIVE IN PAST)

Nostalgia, Homesickness.

Lives in past. Has regrets.

In looking back, there is fear of what lies ahead; a 'state of Lot's wife' a 'torn in half' condition.

Can lose interest in present.

Slowing down of vital forces.

The Remedy for memories-of great help to widows, orphans, people who have failed in business, etc. and especially to the older folk who have to live alone.

People belonging to Honey suckle miss much in life because their minds are occupied with events of the past, whether they be happy or sad.

They dwell on memories of their past events, such as thoughts of childhood, thoughts of missed opportunities, homesickness and they spend their time sentimentally reminiscing about "the good old days" wishing things could be as they were or had been different. "If only" is frequently uttered by those who need this remedy. The state of mind can soon develop into a loss of interest in the issues and demands of today. The remedy can help those who have suffered a bereavement, when the mind is full of memories surrounding the person they have lost. Honeysuckle helps such people to remember and reflect on past happiness and cherish their memories without losing sight of the importance of their own present existence. After all life must go on.

Sometimes past memories are unpleasant and disturbing and may haunt a person's mind with a vivid recollection of an unhappy or traumatic experience. This may have repercussions during sleep and cause repeated dreams or nightmares. Honeysuckle helps to focus the mind on the present and put the past into perspective, allowing us to draw on it for experience and to recall momentarily some pleasant or loving memory, without it dominating our thoughts.

HORNBEAM

(MONDAY MORNING" FEELINGS)

Weariness-mental fatigue.

Doubts strength to face or to cope but usually accomplishes.

Convalescents doubt strength to recover.

Tiredness through self-preoccupation.

The remedy for 'Monday morning' or 'Morning after'
The Remedy that gives strength to those who feel weary in mind and body, and cannot cope with things of the moment.

This remedy gives emotional strength to those who cannot face the day ahead or cannot be enthusiastic about some project or duty which they should attend. It is not due to exhaustion or tiredness from overwork, but is rather a mental weariness at the thought of what lies ahead. It causes procrastination and lethargy so the work which was once a pleasure becomes a chore. It is however, like the familiar "Monday morning feeling" and once work has begun and the days routine is in progress, the feeling disappears.

Symptoms may include predominant fatigue, lassitude, inclination to lie in bed in mornings, feel they cannot face the burden of the day.

IMPATIENS ✓ (IMPATIENCE)

Irritable, Impatient, Nervous.

Everything done quickly.

A relief for mental tension through frustration.

Finishes sentence for the other person if slower.

Accident prone through impetuosity.

Prefers to work alone.

Slow workers irritate.

Mental tension through frustration and other pressures.

Impatiens as the name suggests is for the state of impatience and irritability. Those belonging to this sort of temperament tend to be quick in thought and action. Everything is done in a hurry, they cannot wait. Impatiens people tend to be restless, fretful and and jumpy and may go to the extent of finishing the work for a person who works slowly. They move and talk quickly and their body language too can give away-fidgeting, looking at their watch, etc.. The remedy simply helps these people to regain their poise so that life is not so rushed, so that they may take their

time and enjoy the pleasure of life at a normal pace.

The remedy is indicated whenever there is irritability or restlessness due to impatience, and although there is an Impatiens "type" as described above, the remedy will benefit people of any personality if this frame of mind is prevalent.

Symptoms may include sudden pains, cramps, tension in back, neck, jaws, hands, shoulders, indigestion, children may be irritable and demanding.

LARCH ✓ (LACK OF CONFIDENCE)

No self-confidence. Useful before exams.

Convinced of failure, even to try.

Will never be a success.

Cannot do as well as others.

Feels inferior and possesses a false modesty (secretly knows ability is there).

'Admires' success of others without envy or jealousy simply because by standing down themselves the possibility of failure is averted.

Larch is for the kind of people who lack confidence in themselves although they possess the ability to carry out the task. He allows others to take up the opportunities which come his way due to this lack of self-reliance. They expect failure and feel they will never succeed and so they do not try hard enough. They are hesitant, they procrastinate, succumb easily and feel inferior. Their sense of failure makes them despondent though in fact they are perfectly capable if they could persevere.

Often indicated in general depression and impotency.

MIMULUS ✓ (FEAR OF KNOWN THINGS)

Fear from known reasons

Examples:

- Fear of illness and consequences
- Fear of death.
- Fear of accidents - of pain.
- fear of dark, of damp and cold
- Fear of poverty.
- Fear of people - of animals
- Fear of speaking in public
- Fear of losing friends.
- Secret fears, is tongue-tied, has stage-fright.
- Blushes easily-may suffer from stammering, shyness. Timidity.
- Possesses love and understanding which can overcome things disliked and not understood.

Mimulus is the remedy for fear of known things-fear of illness, poverty, living alone, travelling, of death or injury - the fears of everyday life. Other fears covered by this remedy are fear of heights, of pain, of water, of animals, of other people, of the dark and stage fright. The remedy will help people, whatever their personality, if they are afraid, but there is a side to Mimulus which describes a certain type of person. Those of the Mimulus nature are often afraid of people and are shy, nervous or retiring. They feel uneasy with people they do not know and tend to blush easily or stammer in their presence. They therefore dislike social gatherings because they feel too self-conscious to join in. The Mimulus remedy helps these timid bashful folk to have the courage to confront their fears, and as they do, so their fears diminish, just as a dark room ceases to be frightening once the light has been switched on.

Symptoms may include stuttering, blushing, sinus trouble

(running nose/eyes), shallow breathing, marked sensitivity to noise, controversy and crowds; nervous disposition, shyness.

MUSTARD ✓ (DEEP GLOOM WITH NO ORIGIN - BLACK DEPRESSION)

Descending gloom. Hopeless, despairing depression and melancholia which comes suddenly and lifts just as suddenly without apparent reason.

The gloom, as if overshadowed by a cold, dark cloud, can be very severe depriving the sufferer of normal cheerfulness and thoughts, for they are all turned upon himself.

People belonging to the Mustard state of mind suffer from depression that comes for no apparent reason from an unknown cause. There is gloom, deep sadness, melancholy. They are unhappy but when asked why they feel that way, they cannot find a reason. They will often say that they have everything they want, a loving family, a comfortable home, holidays, no financial worries, yet they feel so low and cannot understand why. But the Mustard depression never has a cause. The depressive mood descends for no apparent reason and may remain, not being alleviated from days, weeks or even months, until it eventually lifts as suddenly as it came, only to return again and again in a fluctuating cycle. The Mustard remedy helps to dispel the dark cloud which overshadows, the life of these people and thus allows the sunshine to fill their lives once again.

OAK ✓ (DESPONDENT BUT STRUGGLES ON)

Overworks and hides tiredness. Plodders. Despondency leading to despair. Obstinate, relentless effort, although it may have become

useless; could eventually result in nervous breakdown.

The Oak people are brave, and fight adversity, difficulties and illness without loss of hope. They persevere and are ceaseless in their effort to find cure when unwell.

(Although this is a positive description-it is when the inner strength begins to wane and collapse thus creating tiredness and signs of losing the battle that OAK is needed).

People belonging to oak personality are strong, reliable, patient, responsible people who shoulder great burdens without complaint. They are plodders who persevere in spite of setbacks, never giving up hope. Their unceasing efforts and obstinacy may lead to exhaustion and owing to their willingness to take on more than they can manage and then keep going through all difficulties they can eventually come to a point of breakdown. Ill-health causes dissatisfaction and despondency since it brings limitation. For those who never stop trying however hopeless their situation is Oak remedy helps them to rebuild their strength.

OLIVE

(COMPLETE EXHAUSTION)

Suffered long under adverse conditions, or vitality has been sapped from a long illness.

Mind wearied and exhausted.

No reserve strength. Everything an effort. Tires easily. Lack of Zest. Total fatigue of mind and body.

Little time for relaxation and enjoyment.

Cannot enjoy work or things that used to give pleasure and interest.

This remedy is for exhaustion, sufferers being so drained of

energy that they feel to tired to go on. Olive people are fatigued due to overwork or over-exertion. Once they are depleted of their strength is this way, life itself becomes hard work for the Olive folk and eventually ceases to be enjoyable. When this state occurs, Olive helps to replenish lost energy. The remedy is also helpful for those studying for examinations and for those involved with mental work, as well as those who are physically exhausted. It is, also recommended following illness when the person is weak and tired.

PINE

(SELF REPROACH-GUILT.)

Self-reproach. Blames self for mistakes of others and for everything that goes wrong.

Has guilt-complex which takes away all joy.

Is over-conscientious but never content with achievements and often overworks.

Pine remedy is for feelings of guilt, those who blame themselves, self-condemnation, often assuming responsibility for a situation that is not their fault. They are discontented and critical of themselves, over conscientious apologetic and over-humble. The constant effort they make to improve themselves may lead to tiredness and depression. Helps to alleviate any feeling of guilt.

RED CHESTNUT

(ANXIETY FOR OTHERS)

Over concern and fear for others-of calamity befalling them-the worst.

Fear that a minor complaint in another person will become a serious one.

Such fearful, negative thoughts harm us and those around us.

This remedy is to help those who are afraid of something happening to their loved ones. It is natural to be apprehensive when children are away from home for the first time or if your partner has to travel a long distance, but for the Red Chestnut people, this fear is out of all proportion in their mind and they become desperately afraid that some disaster will occur and they will not rest until their loved ones are safely home again. These people do not worry about themselves; their only concern is for the health and safety of their family. This sort of behaviour may instil similar fears in their children and so deplete their natural confidence. Red Chestnut helps them to overcome their fears.

ROCK ROSE

(TERROR)

The remedy for rescuing from
Terror-Panic.

From an accident or near escape

From the spectacle of an accident.

Whenever there's terror in the atmosphere both
patient and those around are affected.

A child's terror from a nightmare (a few drops
in a little water sipped frequently will quickly
calm).

This is the remedy for extreme fear, terror, panic. It may not always be rational, but is nevertheless very real. Those who suffer from this state of mind are truly scared and as result may tremble, perspire, fall unconscious, suddenly become dumb/deaf, sudden paralysis some people may simply perspire with fright. This awful fear may be the result of a horrifying accident, causing the person to become terrified of travelling, undergoing a serious operation, hospitalisation and so on. Rock Rose would be indicated in all these circumstances and would also help both children and adults who are troubled by nightmare. If fear creates panic or sheer terror, then Rock Rose would always be the more appropriate remedy.

Symptoms may include paralysis, unconsciousness, suddenly Deaf/dumb, icy coldness, trembling.

ROCK WATER

(SELF REPRESSION AND DENIAL)

Over-concentration on self.

A taught tightened-up person

The Remedy for those with strong opinions and who allow their minds to be ruled by prized theories. Rigidity of outlook, often physical as well.

Hard taskmasters on themselves.

Self denial-Self domination, even

Self-martyrdom.

They do not usually interfere in the lives of others because they are far too concerned with their own perfection and setting an example for all to behold.

Those of this nature are so strict with themselves that they may live by a rigid regime or set of standards. They may be very religious or have certain other ideals which govern their lives, and as they strive to achieve these ideals or follow their particular faith, they chastise themselves if they should stray from their determined path. They expect perfection in all they do and dislike shoddiness laziness or a similar attitude in others. They do not however openly criticize people's shortcomings, but play the martyr, showing their disapproval by setting an example for others to follow. They are self righteous and generally proudly enjoy their stringent lifestyle. They would need their remedy if, as is often the case, their high standards become so harsh and inflexible that they deny themselves even the simplest pleasures in life. This can lead to much tension, self reproach and unhappiness and the Rock water remedy helps these people to be less rigid and more lenient with themselves.

SCLERANTHUS (UNCERTAINTY-INDECISION)

Indecision, Grasshopper mind. Swayed between two possibilities. Uncertainty. Varying moods, light and shade.

Experiences extremes of :-

Joy and Sadness

Energy and Apathy

Optimism and Pessimism

Laughing and Crying

Can be unreliable-uncertain due to constantly changing outlook.

Wastes time and loses opportunities.

Lack of poise and balance.

Subject to car, air or seasickness.

This flower remedy is indicated in people who suffer from emotional distress through indecision. These people have difficulty in choosing between two things and it is a problem for them in everyday situations as well as where more important decisions are concerned. They seem to be in a fix when choice has to be made. e.g. if they go out shopping they might select two things and then if it is difficult for them to choose. This state of mind causes them mental trauma. They however do not discuss their difficulties with others as would a certain person do. They struggle with their uncertainty alone. The scleranthus remedy helps these people to bring their thoughts into focus so that they can see the options more clearly and learn to know their own mind.

Other indications for this remedy include alternating mood fluctuations between happiness and tears, gentleness and anger, whenever there is a rapid change of mood. It can also be used for travel sickness and when unsteadiness of the vehicle is disturbing symptoms move about, come and go.

STAR OF BETHLEHEM (SHOCK)

SHOCK in any form

An accident-sudden sad news

Many unsuspected, delayed action effects from shock.

This is Dr. Bach's remedy for shock and is indicated whenever there has been trauma to the system for example through accident, disturbing news or a distressing sight. Following a bereavement. It helps the bereaved to cope with their grief and ease their pain and sorrow. Sometimes the shock of losing someone dear cannot be expressed, the person at times longing to cry but tears will not come. Star of Bethlehem helps to unblock this passage and relieves the mind of its sadness.

Shock can be delayed and may eventually manifest itself in a number of ways, sometimes many years after the event. But even if treatment is sought for some other difficulty if shock has been sustained and can be identified as the cause of the trouble, star of Bethlehem should always be included. If the shock can be treated without delay, however the impact of the trauma is lessened and for this reason it is one of the fine remedies included in the Rescue Remedy.

SWEET CHESTNUT (EXTREME ANGUISH)

Terrible appalling mental despair.

Extreme mental torture. Anguish of bereavement.

Reached limit of endurance.

Almost destroyed. Exhaustion and loneliness is total.

Future is complete darkness. No hope-no peace.

This remedy is for a desperate mental anguish, a feeling of

utter despair as though there is no light at the end of the tunnel. Those suffering this way feel that there is nothing left in life and are so sad that they may physically hurt inside, feeling desolate and heartbroken. They feel so wretched that at times they may wish they could die, but they do not seriously consider suicide because, because they do not believe even death will release them from their pain. They can see no way out of their inner darkness and life holds no joy for them. The Sweet Chestnut remedy helps to raise the curtain of despair so that faith is restored. The horizon becomes brighter and hope returns to their lives, the end of the torment at least within reach.

VERVAIN

(TENSENESS-HYPERANXIETY)

Extremes of mental energy-over-effort, stress.

will force actions beyond physical strength.

Tenseness causes inability to relax and subsequent sleeplessness.

'Runs a thing to death', Highly strung-fanatical. Perfectionist. Sensitive to injustices.

Mind always ahead, inclined to tackle too many jobs at the same time.

Those of this nature have strong principles and ethics, and when faced with a situation which goes against their ideals, they feel they must put their point of view forward. In doing so, they try to convince and convert others to their way of thinking. Vervain folk tend to feel strongly about matters such as environment, politics, religion, world famine, house and poverty, their feelings often strong enough to initiate the formation of pressure groups and will often write to their M.P. attend meetings and so on. This however is their release and if they are unable to find an outlet for their vehemence, they become frustrated and tense. Vervain people tend to be active, always on the go, involving themselves in several jobs at once, their minds racing ahead to what should be done next. They enjoy a

challenge and are enthusiastic about their aims and because of their nature, they can push themselves so hard that they are unable to relax and feel in a state of tension as though they are living with elastic stretched.

Symptoms may include tension, muscle strain, headache, eyestrain, forceful expression, overactivity, inability to relax. The Vervain remedy helps them to wind down so that they can relax and give themselves a chance to rest.

VINE

(DOMINEERING-INFLEXIBLE)

Tendency to use great gifts to gain power and to dominate. Rides roughshod over others' opinion. demands and expects absolute obedience. Aggressive pride.

Craves power-greedy for authority. Ruthless in methods. Knows better than anyone. Forces will upon one and all. Can be tyrannical and dictatorial. Enjoys power over others-is hard, cruel and without compassion.

A parent dominating the home with iron discipline.

Vine is the remedy for those who are self-assured dominant, the leaders and rulers. They know their own minds absolutely, making decisions and taking responsibility for themselves as well as others, without hesitation. Vine people are ambitious and determined tackling life's problems with confidence and certainty. In the team they take the leading role, directing others with incontestable frankness.

They will say "this is what you will do" rather than "would you like to do it this way?" Vine people have fixed opinions and will not argue out the matter. He or she would make their point and that would be that. In the extreme,, vine nature can be demanding and powerful and those in subservient positions may become emotionally crippled as a result if they themselves do

not have sufficient strength of character to stand up to (what can be) a tyrannical Vine.

Vine people often suffer from extreme tension, physical stiffness back problems, high blood pressure. Children of the Vine nature are demanding aggressive, take charge of peer groups, and in the extreme can become bullies to those of a weaker or more gentle nature.

The Vine remedy does not take this self-assurance or leadership away, for indeed these are fine and position qualities to have, but when extreme side of the nature takes an upper hand, the remedy will help these people to be less harsh and severe and more understanding of the view of others and the plight of those who are weaker.

WALNUT

(PROTECTION FROM CHANGE AND OUTSIDE INFLUENCES)

Oversensitive to certain ideas, atmosphere and influences.

May be affected by a dominating personality, a forceful circumstance, a link with the past, a family tie or a binding habit, any of which situations can hinder and frustrate plans or even a course of life.

Walnut gives protection against the adverse effects of oversensitivity to certain ideas, atmosphere and influences.

It is the Remedy for the transition stages in life-teething, puberty, menopause and is definitely the link-breaking, spell-breaking and bond-freeing remedy.

Walnut is of much value when making big decisions such as changing religion, occupation or when moving home.

When taking 'great steps forward', breaking away from old conventions, restrictions, etc. and when starting a new way, often with attendant sufferings of severance from valued associations.

This is the remedy for change. It helps those who have difficulty settling into a new environment, new job or routine, a different country or new home. It helps to break the link with the past so that life can start afresh, from old ties and memories. It is helpful during any changes in life from marriage, divorce or moving house to the major growth milestones of feelings, puberty and menopause and can help with the adjustment to childbirth and to the changes during the menstrual cycle.

The remedy also helps us to keep our chosen path in life protecting us from the ideas and influences of others that may lead us astray, and from those disturbing environmental influences which disrupt our peace and taunt our thoughts and which may cause us to lose sight of our true destination. Those who need Walnut remedy are often sensitive people who are easily disturbed by such disruptive influences. This remedy helps to guide us through these events in life so that we do not lose our way.

WATER VIOLET

(PROUD, ALOOF)

Because of knowledge and capability, they sometimes appear to be proud, aloof disdainful and condescending.

Such mental rigidity can create physical stiffness and tension.

In a normal state is willing to offer advice without becoming personally involved in the affairs of others.

These people like the plant itself stand proud and erect.

They prefer the quieter things in life and for this reason tend to be reserved. They move about quietly, are not clumsy or erratic but severe and self-assured. They enjoy being on their own or company of few well chosen friends. More harmonious than going to a large social gathering. They are willing to give advice if requested but do not attempt to interfere or influence and similarly will not discuss their own health or concerns with others. They therefore, suffer and bear grief in silence and because they keep a thin veil between themselves and those around them, they tend to distant themselves from people. The thin veil can become a hard barrier which is difficult to penetrate and the water Violet then finds that people are in awe of them; find them remote and unapproachable and this can cause them loneliness. This remedy helps to break down this barrier and thus enables them to welcome others with friendliness and yet retain their calm serenity and to remain proud without appearing haughty. They may suffer from physical rigidity, stiffness and tension since their energy is often blocked.

WHITE CHESTNUT X

(UNWANTED THOUGHTS, MENTAL ARGUMENTS)

A worrying or distressing occurrence preys on the mind. Mental arguments.

Helpless to prevent thoughts going round and round in the mind like a hamster on a wheel

Persistent, unwanted thoughts are like a gramophone record when the stylus has jumped the groove and invariably cause a troubled mind and sleeplessness.

This sufferer is pre-occupied, lacks concentration and often does not answer when spoken to, which state of mind could lead to accidents.

This remedy is indicated whenever the mind is tormented by worrying or repetitive and unwanted thoughts. Dr. Bach called this the "gramophone record remedy" because these persistent thoughts, mental argument or conversations go round

and round in the mind like a long playing record and are so difficult to stop that they leave the sufferer exhausted and unable to concentrate. The White Chestnut helps to relieve this mental whirlpool and restore peace of mind.

Symptoms may include tiredness, insomnia, confusion, depression, guilt feelings, repetition of a topic in conversation, lack of calmness nervous worry, often causes headaches.

WILD OAT. ✓

(UNCERTAINTY RE CORRECT PATH IN LIFE)

Undecided as to what to. Uncertainty (also see Scleranthus). Things not clear, causing despondency and dissatisfaction.

Talented and ambitious-tries many things but none brings happiness becomes frustrated and depressed. Can feel bored.

Of assistance in selecting a career.

This remedy is for those who feel they have come to a crossroads in life and do not know which way to go. They want to do something fulfilling but are not certain in which direction they should channel their energies. They may have tried several careers or a variety of lifestyles but still do not feel content. They are "lost souls" who feel they have not yet found their niche in life and are filled with dissatisfaction. This remedy helps these people to see the way ahead more clearly so that they may pursue their true vocation.

Symptoms may include despondency, general dissatisfaction and uncertainty, feeling of frustration, boredom, often find themselves in uncongenial environments and occupations.

WILD ROSE ✓

(RESIGNATION, APATHY)

Resigned to illness, monotony, uncongenial work. Too apathetic to get well, to change occupation or to enjoy simple

gone by, thoughts of their childhood, regrets of past mistakes and spend their time sentimentally reminiscing about "good old days"

7. *Difference between "hopeless" Remedies viz, Gentian, Gorse, sweet Chestnut.*

Gentian : is the first where despondency sets in as a result of a disappointment. The mind is filled with doubt of one's ability to succeed after an initial failure.

Gorse : comes next when one feels that nothing is going to help them - I'll try it if you say so, but I don't suppose it will do any good or 'oh' what's the use are a typical feeling under this remedy.

Sweet Chestnut : is the final state when there is nothing but oblivion. Those suffering this way feel that there is nothing left in life and are so sad that they may be physically hurt inside feeling desolate and heartbroken.

8. *Difference between Mimulus and Aspen, both fear remedies.*

Mimulus : is for fear of known things fear of all the hazards of everyday-living. It is also for those who are afraid or nervous of demanding situations like speaking in public, having to face crowd (this creates shyness/timidity) Fear of definite things.

Aspen: is for unknown fears that brings about apprehension, foreboding, usually people cannot speak of such fears because they cannot explain them.

9. *Difference in domineering aspect of Vervain and Vine characters.*

Vervain People are full of enthusiasm for the ideas and principles which they hold at the moment; they try to convince and convert others to their way of thinking. If a particular situation goes against their ideals, they feel they must put their point of view forward. Vervain people tend to be active, always on the go; they will not give in, but struggle on, forcing themselves beyond their physical strength.

Vine: types are of strong character who consider they know

best what is good for others. They do not try to convert others to their way of thinking but will force others to do their will and expect obedience.. They have great capabilities, are sure of themselves, keep their head in emergencies and have determination-all excellent qualities if they do not use them to interfere with others. But their strong forceful nature tends to sap the confidence of others and prevents their using their own initiative, for they insist that things should be done their way. This type of personality has great wisdom and knowledge, understanding and certainty, and is able to advise and help others by strengthening their own confidence and ability. He is a wise ruler, the wise leader.

10. *Being critical of others seems to apply to Beech and Impatiens- Explain the difference.*

Beech : people lack understanding, judge others by their own standards forgetting that each one of us has a different path to follow, different way of thinking, of acting. Instead of looking for the good in those around him, he will find nothing to praise, will only see the negative aspect of the person...

Impatiens : as the name suggest is very impatient and irritable. They are very quick in thought and action, so becomes impatient with those who are slow. He does not like to be hindered in his work by others who cannot keep up with his own speed and for that reason he prefers to work alone. He is impatient but tolerant, he might loose his temper quickly but also cools down very fast.

SCOPE OF BACH FLOWER REMEDIES IN ALCOHOLICS & DRUG ADDICTS

Alcoholics will greatly benefit from the use of the Bach Flower Remedies. Alcoholics are basically 'carefree and cheerful' and usually strive to keep a brave face while being tortured simultaneously by life's problems. Their face is usually a picture of pain contorted into a grin. But by the time, chronic alcoholism sets in, they are morose and depressed.

AGRIMONY : should be considered as a probable first choice for alcoholics and drug addicts because their original facade of pretending all is well, begins to wear thin at one point - and then only some stimulant would help to keep up the pretence.

Agrimony patients dislike being alone and may seek companionship in order to escape from and to forget worries. They seek excitement, the consequences of which can be dangerous and bring harm.

Agrimony will help them to work out their problems in joyful way. He will be able to laugh at his own worries, will be optimistic.

The remedies are preserved in brandy-but the minimal drops of the remedy taken in a glass of water makes the actual alcohol consumption virtually non-existent.

In order to successfully treat drug addicts with the Bach Remedies, one should try to delve into the patient's past history this may indicate to us the reason the patient turned to drugs in the first place.

- For example -
- boredom
 - inability to face reality/responsibility
 - conforming to outside influences
 - being at the end of one's tether
 - lack of control
 - hopelessness

One should also ascertain the person's 'type', personality, temperament before the need for drugs arose.

It is also important to know the person's reaction in the circumstances that created the habit. This is a right step in the direction of finding the appropriate Remedy - to help to return the person to the path of recovery.

USEFULNESS OF BACH FLOWER REMEDIES IN PREGNANCY, BABIES & CHILDREN

I. PREGNANCY :

The Remedies can be of great help to pregnant women in overcoming their emotional suffering & apprehension, in both pre and post-natal periods. Though the Remedies are safe, pregnant women should consult their physician before taking any therapeutic agent.

The Rescue Remedy and Walnut can be considered as two basic remedies in pregnancy.

Walnut gives protection against the adverse effects of oversensitivity to certain ideas, atmosphere and influences.

The Rescue Remedy - a composite of Impatiens, Star of Bethlehem, Cherry Plum, Rock rose, and Clematis, helps to combat stress. It helps to restore confidence. It does not take the place of medical attention - it merely relieves the sufferer's fear and helps to restore calmness.

In addition, remedies can be added accordingly where necessary - basing the choice on the predominant fear, apprehension, brave front, resignation, etc. which is apparent.

The treatment can be continued during the delivery and essentially afterwards in the postnatal period. The mother will thus prevent the influence of her own negative thoughts and feelings from affecting the child. Thus the baby's natural equilibrium will be maintained.

External application of the Rescue Remedy might generally prove beneficial to mother and child. In an emergency, the Rescue Remedy liquid can be applied to the child's wrists, temples and the fontanelles. (It can be slightly diluted in case the child's skin is sensitive to the brandy preservative in the liquid).

When the mother is still feeding the baby, she may take the remedies for herself or for her child, but in taking a remedy for her child's benefit, the effect will not be impaired (through her milk) until about 2 feeds later.

II. BABIES

If babies can be helped at this early age, their passage through life will be much easier and happier. Very young babies show their difficulty plainly. Later, their various temporary moods or negative states can be easily treated - if their type of personality difficulty is treated in the beginning itself.

Every baby has its own personality which is specific only for him/her e.g. a nervous baby-easily frightened by noises, loud voices, any quick movement, or dark-to extent of wanting light in the room at night, is a MIMULUS baby. MIMULUS is a remedy with fear of known things.

Dose in babies is 4 drops in a teaspoonful of water-4 times a day if the baby is breastfed. In case of bottlefed babies 4 drops of the the prepared medicine in the milk bottle.

III. CHILDREN :

Children respond wonderfully to the Remedies because they have no doubting intellect to interfere with their emotional problems.

Children need understanding and help and the unquestioned support of their parents in their early formative years-which can have far reaching impact on them in their later life.

The school environment itself, can be stressful-examinations the consequences of failure in exams, influence of those with strong personalities and physical strength to less endowed

children. Excessive parental control or indifference can also be problematic. The "bully" requires help as much as the sensitive quiet child does. Adolescence can be a painful growing phase - during which the youngsters experience petty jealousy, envy, pretence, fear, shyness, timidity, etc. which need to be remedied. e.g. the bullying child BEECH, HOLLY, VINE.

The child who is never still, wakefulness - VERVAIN

Timid, shy, clinging children - CHICORY, MIMULUS, LARCH

With a little help from the Remedies, the more positive sides of their natures can be helped to mature and the unpleasant moods kept within reasonable limits.

Bach Flower Remedies in "Dentistry"

Rescue Remedy is given before going to a Dentist if there is some panic and trepidation.

If the patient is very apprehensive and anxious, then Aspen will help too.

If the thought goes round and round one's head like a long playing record this can be relieved by including White Chestnut. Many other remedies are also useful according to the indications. To enhance your natural recuperative power take 4 drops of Rescue Remedy direct from the stock bottle to a glass of mouth wash and rinse your mouth frequently.

The Rescue Remedy:

This is one remedy which is frequently needed. It contains five of the thirty-eight remedies and is called Rescue Remedy. As the name suggests, it is the remedy for all emergencies and is therefore indicated whenever an emergency situation arises in which there is panic, shock, mental numbness, etc. Obviously it does not take the place of medical attention, but as it helps to alleviate the mental anguish; it enable the body's own healing processes to begin without delay. Rescue Remedy is also very calming in other traumatic situations such as flying, visiting a dentist, taking an examination or before an important interview.

Rescue Remedy can be taken orally and applied externally if necessary (to stings, sprains, bruises, etc.) and is available both in liquid form and as a cream.

Animals can also benefit from the remedies and in particular Rescue Remedy because there is nearly always an element of shock or terror associated with or responsible for an animal's discomfort. Plants too respond very well and many have revived after a few drops of rescue remedy.

The five remedies which are combined together to form the Rescue Remedy are :

STAR OF BETHLEHEM - for shock.

ROCK ROSE - for great fear and panic.

IMPATIENS - for mental and physical tension when the sufferer cannot relax, the mind agitated and irritable.

CHERRY PLUM - for loss of emotional control, when the sufferer screams, shouts or becomes hysterical.

CLEMATIS - the remedy for the bemused, distant feeling which often precedes a faint.

These five remedies were specifically chosen by Dr. Bach as an emergency composite because combined they form an appropriate all round crisis remedy.

A REPERTORY OF DR. BACH FLOWER REMEDIES

ABANDONED:

Forsaken feeling :

Chicory

ABROAD :

Medicine useful while
touring :

Walnut

ABRUPT :

Agrimony, BEECH, Rock
water.

ABSENT MINDED :

Clematis, Scleranthus,
VERVAIN, White chestnut

— Starts when spoken to :
White chestnut.

ABSORPTION :

— by thoughts: Clematis,
White chestnut.

— by memories :

Honey suckle

— by enthusiasm :

Vervain

— With self :

Heather

— by details :

Crab apple

ABSTRACTION OF MIND :

Clematis, Beech.

ABUSIVE :

Holly, WILLOW.

— uses violent language
Cherry Plum, Vine

— angry, without being : Beech,
WILLOW

— Pains, with the : Willow

— Scolds until the lips are
blue and she falls down
fainting :

Cherry Plum, Vine

ACTIVITY desires (see in-
dustrious):

Impatiens, Pine

— fruitless:

Impatiens, Scleranthus, Ver-
vain.

ADMONITION agg:

Chicory.

ADVICE :

— seeking:

Cerato

— following others :

Cerato, Centaury.

— interfered by :

Centaury, Cerato, Walnut

— which is against his wish
Centaury.

AFFECTATION :

Chicory, Vine.

AGITATION : (see Excitement)

Cherry plum, Vervain, White chestnut.

AGONY :

Cherry plum, SWEET CHESTNUT

—tossing, finds rest or amelioration in no positions: Scleranthus, Sweet chestnut.

AIR CASTLES:

Clematis

ALONE,

—while agg:

Chicory, Agrimony.

—cannot remain or go alone, wants company:

CHICORY

—to forget his worries

Agrimony

ALONE,

—desires to be :

Water violet

—to work at his own pace:

Impatiens.

—fear of being :

Chicory, Agrimony, Mimulus

—wants to be, to avoid conversation:

Agrimony

—dislike of being :

Chicory, Heather.

ALOOFNESS:

Water violet, Impatiens

—in meeting of people:

Agrimony.

ALTERNATING MOODS,
complaints:

Scleranthus.

AMBITION:

—loss of: (see Indolence)

Clematis, Gorse, Wild Rose, Larch, Sweet Chestnut, Pine.

—unable to fulfill due to physical tiredness:

Olive

—over-ambitious:

Vervain

—indefinite :

Cerato, WILD OAK

—to convert others, revolutionise:

Vervain

—definite :

Walnut

—to possess:

Chicory

AMOROUS:

Cherry plum

—thoughts, constant:

White chestnut

AMUSEMENT

—averse to:

Beech, Rock water, Pine

—no time for amusement or week-end Holiday due to overwork:

Vervain.

—feels that time spent on amusement is a criminal waste:

Pine

ANAEMIA:

—from grief: Gentian

—caused by death of loved ones:

Chicory.

ANGER:

—Irascibility (see Irritability and Quarrelsome):

Cherry plum, Willow, Impatiens, Chicory.

—ailments, after anger:

Cherry plum.

—after anger with anxiety:

White chestnut

—with fright:

Mimulus

—alternating with cheerfulness:

Scleranthus

—quick repentance:

Honey suckle

—contradiction, from:

Vine

—former vexations, about:

Honeysuckle

—interruption, noise, etc.

Impatiens.

—refused when anything is (obstinate children):

Chicory.

—Suppressed:

Agrimony, Cherry plum.

—throws things away:

Cherry plum, Vine.

—trembling with:

White chestnut, Cherry plum, Vine.

ANGUISH:

SWEET CHESTNUT

—with unknown feel:

Aspen

—driving from place of place: Impatiens, Scleranthus, Sweet chestnut.

ANNOYANCE:

on account of illness:

Oak.

ANSWERS, abruptly, curtly:

AGRIMONY, Beech, Vine.

—Shortly or refuses to answer:

Agrimony, Vine, Willow

—aversion to:

Agrimony, Willow.

—confusedly as though thinking of something else:

Scleranthus.

—hastily:

Impatiens

—incoherently:

Scleranthus

—monosyllabic:

Agrimony

—will not answer questions:

Clematis, Vervain, Vine, White chestnut

—stupor returns quickly:

Scleranthus.

ANTICIPATION

—complaints from:

Mimulus, HORNBEAM, White chestnut.

—of troubles or serious illness for others:

Red chestnut

—of fears:

Aspen, Hornbeam.

ANTAGONISM with herself:

Scleranthus, Cerato, Wild oak.

ANXIETY :

Mimulus, Red chestnut, WHITE CHESTNUT, Agrimony.

— alone, when :

Chicory.

— anticipating an engagement:

HORNBEAM

— business, about:

Vervain, WHITE CHESTNUT

— children about his:

Red chestnut.

— conscience, of (as if guilty of crime)

Pine

— in the morning on waking about day's work:

HORNBEAM

— expected of him, when anything is :

‡Hornbeam.

— health, about:

Mimulus, White Chestnut

— Other's welfare for:

Red chestnut, Vervain

— pursued when walking, as if:

White chestnut

— railroad, when about to journey by, and ameliorated while in the train:

Hornbeam

— task before him about the:

Hornbeam

— Salvation, about his:

Sweet chestnut

— shows, does not, his:

Agrimony

— trifles, about:

Crab Apple.

— trivial matters seem to be

big tasks:

Hornbeam

— vexation after:

Honey suckle

ANXIOUS :

Agrimony

APATHY: (see indifference)

WILD ROSE, Clematis

— to important things, due to laziness:

Scleranthus

— to present, due to day-dreaming:

Clematis

APHASIA :

Scleranthus, White chestnut

APHONIA:

White chestnut, HORNBEAM

— Sudden:

WHITE CHESTNUT, Hornbeam.

APOPLEXY :

Scleranthus

— After traumatic injury:

Rescue Remedy.

APPREHENSIONS: (see FEAR, ANXIETY)

Hornbeam, Mimulus, White Chestnut

— through fear.

Aspen, Mimulus, Rock Rose.

— of the tasks ahead:

Hornbeam

— for others:

Red chestnut

— about his disease:

Mimulus

ARDENT :

Vervain

ARGUMENTS

— mental (to himself)

White chestnut

— avoids:

Agrimony, Centaury, Water violet

— enjoys:

Chicory, Vervain, Willow

ARROGANCE: (See Haughty)

Beech, Rock water, VINE

ASCENDING AGG:

Olive

ASKS, for nothing:

Agrimony, Clematis, Scleranthus, Wild Rose.

ATROPHY, glands:

White chestnut, Hornbeam

ATTENTION, lack of, in studies: (See concentration, difficult) Chestnut bud.

AUDACITY:

Cherry Plum, Vine.

AUTOMATIC thoughts and (involuntary) actions:

White chestnut.

AVARICE:

Chicory

AVERSION:

— to everything:

Willow

— husband, members of family, to (see also Indifference) :

Willow

— persons, to certain:

Beech

— religious, to the opposite sex:

Pine

— Strangers:

Chicory

AWKWARD, lets things fall from hand:

Scleranthus, White chestnut

BAD news,— ailments from

Gentian

— Shocking news:

STAR OF BETHLEHEM.

BALL or lump sensation in inner parts:

Crab Apple

BAND, sensation of :

Crab Apple

BARKING :

Cherry Plum, White chestnut

BASHFUL, timid:

Crab Apple, Mimulus

— about his shortness, ug physical appearance:

Crab apple

BATTLES, talks about:

Larch, Rock Rose, Vine

BED — desires to remain in (lectrophile):
Scleranthus

— from exhaustion, tiredness:
Olive

— laziness:
Scleranthus

— Jumps out of, wants to destroy himself:
Cherry Plum

— and runs recklessly about:
Cherry Plum, Impatiens.

BEGGING, entreating:
Centaury, Chicory

BELLOWING :
White chestnut

BENEVOLENCE:
Pine.

BEMOANING: (See Lamenting)
Honeysuckle, **WHITE CHESTNUT**

BENUMBED: (See stupefaction)
White chestnut, Hornbeam, Scleranthus

BEWILDERED : (See confusion)
Scleranthus

BITING:
Cherry plum

BLAMING:
— Others, God, etc:
Willow

— Self:
Pine

— does not blame others:
Pine

BLINDNESS, pretended:
Chicory

BLOOD, cannot look at, or a knife:
Mimulus

BOLDNESS (see Courageous):
Vine

BOSSY:
Chicory, Vine.

BRAIN-FAG:
Olive

BRAIN-STORMS:
Aspen, Cherry plum, Scleranthus.

BREAK things, desires to:
Cherry Plum.

BROODING (See Anxiety, Sadness):
Honeysuckle

— Constantly:
White chestnut

BURNS and Scalds — medicine to be given for:
Cherry plum

— Chronic effects of :
Cherry Plum, Star of Bethlehem, Honey suckle.

BUSINESS — averse to:
Willow

— incapacity for:
Hornbeam, Larch

— talks of:
Beech.

BUSY :
Beech, Impatiens, Rock water, Pine, **VERVAIN**

— fruitlessly:
Cerato, Impatiens, Scleranthus, Vervain

— Constantly attempts something, achieves nothing:
Cerato, **SCLERANTHUS**.

CALUMNIATE, desire to :
Holly.

CALMNESS:
Agrimony, Water violet

— desires:
Impatiens

CANCER :
Crab Apple, Mimulus, White chestnut

— throat of:
Hornbeam

— fear, of:
Mimulus, Rock Rose

CAPABLE :
Impatiens, Vine, Water violet

— but fussy:
Chicory.

CAPRICIOUS :
Scleranthus, Cerato

CAREFUL :
Beech, Impatiens

— about his children:
Chicory

— for her things; children:
Chicory.

CAREFUL:
— for other's welfare:
Red chestnut.

CARELESS (See Heedless):
Clematis, Chestnut bud, Wild Rose.

in spite of repeated experiences:
Chestnutbud

CARES — full of (See Anxiety):
Chicory.

domestic affairs, about:
Chicory

— trifles, about:
Crab Apple:

CARRIED, desires to be :
Chicory (in children)

CATALEPSY - Trance:
Clematis, **SCLERANTHUS**

CATARRH, Suppressed:
Scleranthus

CAUSES UNKNOWN:
— Fear:
Aspen

— gloom, depression:
Mustard

— Unhappiness:
Holly

— resignation, at times:
Wild rose

CENSORIOUS, critical:
Beech, Holly, Willow

— dearest friends, with :
Chicory

— jealousy, from:
Holly

— disposed to find fault:
Willow

CHANGE of life, remedies for (Puberty, Menopause, teething-period)
WALNUT, Scleranthus

— specific for change of place, seasons, atmosphere:
Walnut

— menses do not appear at proper age:
Walnut

CHANGE:
complaints, during menopause, puberty, teeth:
Walnut, SCLERANTHUS.

CHANGEABLE:
Cerato, Scleranthus

— Mood:
Scleranthus

CHANGE of weather agg:
Walnut

CHECKED discharges, ill effects from
SCLERANTHUS, Crab Apple

CHEERFUL gay, happy, in spite of difficulties, sad occurrences, sorrowful things:
Agrimony

CHILDISH behaviour:
Cherry Plum, Crab apple, Chicory.

CHILDREN, remedies frequent useful in:
Chicory (obstinate).

CHILDREN, aversion to:
Willow

— beating:
Cherry plum, Vine

— to have, to beget:
Chicory

— dislikes her own:
Willow

— flees from his own:
Willow.

CLAIRVOYANCE:
White chestnut, Cerato

CLEANLINESS, over-conscious, about:
Crab Apple
(neatness : Beech)

CLEANSER :
Crab Apple

CLOUDINESS, confusion:
Scleranthus.

COMPANY — aversion to:
Impatiens, Water Violet, Willow, Mimulus

— alone, while agg:
Chicory

— amel, when alone:
Impatiens, Water Violet

— at least a child:
CHICORY

— avoid the sight of people:
Mimulus, Agrimony.

— avoids the sight of people, inferiority complex from:
Larch

— avoids those who he feels has offended formerly:
Crab Apple, HONEY SUCKLE

— desire for:
Agrimony, CHICORY, Heather.

— friend, of a:
Chicory

— friends, of intimate:
Willow

— shuts herself up:
Impatiens, Water Violet

— shyness from:
Crab Apple

— when ill, or in difficulties:
Agrimony

COMPLAINING (see Lamenting)
Beech, CHICORY, Willow

— about others :
Beech, Chicory, Holly, Willow

— never :
Agrimony, Oak

COMPLAINTS:

— appear atypically:
Scleranthus

— appear periodically:
White chestnut

— appear suddenly, cease suddenly:
White chestnut

— from over-lifting:
Olive

— in small spots:
Crab Apple

— Wander, changeable, erratic or shift about:
Scleranthus

COMPREHENSION difficult (see Dullness):
Clematis, Chestnut bud, Vervain, White chestnut, Scleranthus

CONCENTRATION — difficult:
Chestnut bud, Scleranthus, WHITE CHESTNUT.

— calculating while :
White chestnut, Scleranthus.

— children, in studies:
Chestnut bud

— confusion, because of :
Scleranthus

— interrupted if:
Impatiens

— on attempting to, it becomes dark before the eyes:
Olive, Scleranthus

— has a vacant feeling:
White chestnut

— studying, reading, etc. while:
Scleranthus, White chestnut.

— talking, while:
Scleranthus, White chestnut.

CONCENTRATION

— lack of:
Clematis, White chestnut

— lack of, through indecision:
Scleranthus

— lack of through self-distrust:
Cerato

— Over:
Vervain

CONCERNED:

— over details:
Crab apple

— over others:
Chicory, Red chestnut

— over self:
Heather

CONCOMITANTS, complaints with unusual:
Scleranthus.

CONFIDENCE:

— want of self:
Larch

— for his usual vocation, daily routine:
Horn beam

— Lack of in others, in medicines, etc:
Gorse

— Lack of :
Cerato, Larch, Scleranthus

CONFOUNDING objects and ideas:
Scleranthus

CONFUSION of mind :
— arouse himself, compelled to:
— calculating, when:
— concentrate the mind, on attempting to:
— dream, as if in:
— intoxicated as if :
— if he attempts to understand what he reads:
— loses his way in well known streets:
— reading, while:
— stage, while speaking on :
Scleranthus
— sun, heat of :
OLIVE, Scleranthus

CONGESTION :
mental :
Chicory, Heather, Red chestnut, White chestnut.

CONSCIENTIOUS
— about trifles:
Crab Apple
— of duties neglected:
Pine
— of opportunities lost:
Honey suckle

CONSCIOUSNESS, loss of :
Scleranthus.

— From shock :
Star of Bethlehem, Scleranthus, Rescue Remedy.

CONSOLATION agg.
Agrimony.

CONSTANCY of complaints:
White chestnut.

CONSTIPATION—of travelers, in new places:
Walnut
— ineffectual urging, with :
Scleranthus
— tormented, if he does not pass stool:
White chestnut

CONSTRICTED, contracted feelings, sensations:
Crab Apple, Willow

CONSULTANTS, type of persons who are best:
Beech, Vervain

CONTAGION, fear of or sensitive to:
Crab Apple

CONTEMPTUOUS:
Beech, Holly, WILLOW
— of everything:
Beech, Vine, Willow
— self:
Pine
— because of failures in the past which he ought to have avoided:
Honey suckle

CONTRADICT — disposition to:
Vine.

CONTRADICTION — is intolerant of :
Vine
— has to restrict himself to keep from violence:
Cherry Plum.

CONTRARY:
Scleranthus, Vine.

CONVENTIONS, — family traits, hereditary diseases, medicine for getting rid of:
— Walnut
— fond of:
Centaury, Cerato, Willow
— to break old:
Walnut

CONVERSATION Agg:
Agrimony, Impatiens.

CONVICTIONS, — strong:
Cerato, Rock water, Vervain, Walnut, Beech, Vine.
— becomes over-enthusiastic of his, and persuades others to follow it :
Vervain
— weak :
Cerato, Larch, Scleranthus.

CONVULSIVE MOVEMENTS:
White chestnut
— Violent:
Vine:

COSMOPOLITAN:
Cerato, Walnut, Scleranthus

CORRECT:
wish to :
Chicory.

COUGH, — constant:
White chestnut
— coughing agg:
Scleranthus
— itching in throat, from:
Crab Apple, Hornbeam.

COUNTING continually:
White Chestnut

COURAGEOUS:
Vine

COVETOUS:
Chicory

CRAVING for — coffee, tobacco, alcohol, etc.
Cherry Plum
— sympathy, for:
Chicory
— company for :
Chicory
— Power :
Vine

CRAZY:
Cherry Plum, White chestnut.

CRETINISM :
— Imbecility, Idiocy:
Walnut

CRITICISING — others:
Beech, chicory
— from jealousy:
Holly
— self:
Pine, Rock water

CROAKING :
White chestnut

CRUEL:
Vine
— Impulse to do cruelties:
Cherry Plum, Vine.

CURSING :

Holly, Willow

— Out of Jealousy :

Holly

— in anger :

Cherry Plum

CUT, others, desires to:

Cherry Plum, Vine.

DANCING — in joy:

Vervain, White chestnut

— wild :

Cherry Plum.

DAY-DREAMING

Clematis, Honeysuckle

DEAFNESS, pretended :

Chicory, Cerato.

DEATH — desires:

Agrimony, Cherry Plum,

Larch, Clematis

— Unbearable pain, suffering, from:

Cherry Plum

— fear of :

Mimulus, Rock Rose,

Aspen

— no dread of :

Agrimony, Clematis

— Sensation of :

CHERRY PLUM, Sweet

Chestnut

— thoughts of :

White chestnut

— Predicts the time:

Cerato, Gorse.

DECEITFUL :

Chicory.

DEEDS, feels as if he could do great :

Vine.

DEFIANT:

Vine

DEJECTION :

Gentian, Honeysuckle,

Mustard, Gorse, Chicory,

DELIRIUM:

Cherry Plum, Scleranthus,

White Chestnut, Rescue

Remedy.

— alternating with coma, somnolency:

Scleranthus

— arms, throws about:

White chestnut

— attacks people with knife:

Cherry plum, Vine.

— bellows like a calf:

White chestnut

— blames himself for his folly:

Pine

— changing subjects rapidly:

Scleranthus

— Constant:

White chestnut

— crying :

Cherry Plum

— for help

Chicory

— erotic :

Cherry Plum

— exaltation of strength, with:

Cherry Plum, VINE

— fear of men, with :

Mimulus.

— fierce:

Cherry Plum

— frightful :

Rock Rose, CHERRY

PLUM, Vine

— intermittent:

White Chestnut

— maniacal :

CHERRY PLUM, Crab

Apple, White chestnut.

— murmuring to himself:

White chestnut

— noisy :

Cherry Plum

— rabid :

Cherry Plum, White chest-

nut, Rescue Remedy.

— raging, raving :

CHERRY PLUM, White

chestnut

— repeats the same sentence:

White chestnut

— restless :

Impatiens, Scleranthus

— rolls on floor:

Cherry Plum, Impatiens,

Scleranthus

— same subject all the time:

White chestnut

— scolding :

Chicory, Vine, Willow

— sleep, during :

White chestnut

— sleepiness, with :

Scleranthus.

— sorrowful :

Gentian, Honeysuckle

— trembling, with :

White chestnut

— violent:

CHERRY PLUM, Vine.

— is restrained and calmed with great difficulty:

Cherry plum, Vine.

— vivid:

White Chestnut

— wrong, of fancied:

Willow

DELUSIONS :

imagination, hallucinations, illusions (auditory, visual tactile, etc)

WHITE CHESTNUT, Aspen, Cherry Plum

— affections of friends, has lost :

Chicory

— alone, .

that she is always:

Chicory

— — she is in the world:

Chicory

— animals,

— — of :

White Chestnut

— — abdomen, are in :

Crab Apple

— — black on walls and furniture sees:

White chestnut

— — creeping of :

White chestnut

— — in her :

Crab Apple

— — rats, mice, insects, etc:

White Chestnut

— appreciated, that she is not:

Chicory

argument, making an eloquent:
Beech, White chestnut.

— arms do not belong to her:
Scleranthus.

— arms, that she has three :
Crab Apple, White chestnut

— arrested, is about to be :
Mimulus, Hornbeam, Pine.

— assaulted, is going to be :
Mimulus.

— babies, are two in bed:
White chestnut

— ball, that he is sitting on a:
Crab Apple, Scleranthus.

— beaten, that he is being
White chestnut.

— bed,
— — as if someone was in
with him
White chestnut

— — motion in :
Scleranthus

— behind him, that someone
is :
White chestnut

— bells,
— hears, ringing of :
White Chestnut

— — door bell:
White chestnut

— belong to her own family,
does not :
Vine.

— bewitched, thinks, he is :
Holly, White chestnut

— birds, sees:
White chestnut

— business,
fancies is doing:
Beech

— — unfit for, that he is :
Elm, LARCH

— Cancer, has a :
Mimulus

— cats, sees:
White chestnut.

— caught, as if he would be:
Mimulus, Pine.

— choked, thinks he is about
to be, night on waking :
ASPEN

— christ, thinks himself to
be :
Vine

— clock, hears strike:
White chestnut

— ciphers, sees:
White chestnut

— cloud, heavy black, enveloped her :
Mustard

— conspiracies
— against her father, thought
the landlord's bills were :
Holly.

— — against him, there were:
Holly

— contaminates everything
she touches:
Crab Apple, Pine.

— corner, sees something,
coming out of :
White chestnut

— corners of houses seem to
project that he fears he
will run against them

while walking in the street:
Mimulus

— corpses:
White chestnut

— creative power, has :
Vervain.

— crime, as if he had committed:
Honeysuckle, Pine

— danger,
— — impression of:
Mimulus, Rock Rose

— — for others :
RED CHESTNUT

— — from his family:
Holly.

— dead persons,
— — sees:
White chestnut

— — that he himself was
dead:
White chestnut,
SCLERANTHUS.

— deserted, forsaken:
CHICORY

— devils,
— — sees:
WHITE CHESTNUT

— — possessed of a, is :
Holly, White chestnut

— dirty,
— — that he is :
Crab Apple

— — eating dirt:
Crab Apple

— — everything is :
Crab Apple

— disease, has incurable:
Gorse

— divine, thinks he is :
Vine

— emperor thought himself
an :
VINE

— enlarged, distances are:
Hornbeam

— faces,
— — sees:
— — closing eyes, on:
— — hideous:
— — ugly faces, whenever he
turns his eyes, or look
ing out from corners:
WHITE CHESTNUT

— fail, everything will:
Hornbeam, LARCH

— fancy, illusions of :
Clematis, White chestnut.

— figures, sees:
White chestnut

— fire, visions of :
White chestnut

— floating in air: (see ver-
tigo)
Scleranthus

— God, is the object of God's
vengeance:
Pine, Sweet chestnut, Wil-
low.

— happen, that something ter-
rible is going to:
Hornbeam, Aspen,
Mimulus

— happy, that he will never
be, in his own house:
Gentian.

— health, he has ruined his :
Honeysuckle

- heart diseases, is going to have, and die: Mimulus
- heaven, is in : Clematis
- hell at gate of, obliged to confess his sins: PINE
- hole, small, appears like a frightful charm: Mimulus, ROCK ROSE
- home, thinks is away from: Chicory.
- house on each side would approach and crush him; Mimulus
- humility and lowness of others, while he is great; Vine
- images,
 - — phantoms, faces, figures, men, spectres, sees: White chestnut
 - — closing the eyes on: White chestnut
 - — over changing : White chestnut, Scleranthus.
 - — constantly before eyes: White chestnut
 - — frightful: Mimulus, Rock Rose.
- inferior, people seem mentally and physically: VINE
- insane, that she will become: Cherry Plum

- noise, bears: White chestnut
- people behind him, someone is : White Chestnut.
- pursued, enemies by: Holly, White chestnut.
- sick,
 - — a beloved friend is sick and dying : Red Chestnut
 - — members of the family are : Red chestnut
- Salvation for his soul, there is no : Sweet chestnut
- Sin, that he has committed an unpardonable: PINE
- spectres, ghosts, spirits, sees: White chestnut
- scattered about in bed, tossed about to get the pieces together: White chestnut, Scleranthus.
- thieves, sees: Holly, Mimulus
- visions : White chestnut
- — horrible : MIMULUS
- voices, hears : White chestnut.
- Wrong; fancies he has done: Honeysuckle, PINE

- — over which he regrets : HONEYSUCKLE
- DEPRESSION:
 - as black cloud: Mustard
 - at setbacks: Gentian
 - blaming others: Willow
 - causeless: Mustard
 - indecision or hesitation, from: Scleranthus.
 - mistakes, over past : Honeysuckle
 - Self-blame, from: Pine
 - through doubt : Gentian
- DESERTED or forsaken feeling: CHICORY
- DESIRES:
 - indigestible things, coffee, alcohol: Cherry Plum.
 - more than she needs: CHICORY, Vervain.
 - tonics: Hornbeam.
- DESPAIR:
 - Cherry plum, GORSE, Larch, Sweet Chestnut.
 - cause unknown: Mustard.
 - hopeless: Sweet Chestnut

- health of : Gorse
- material and physical : Gorse, Rock Rose.
- recovery: Gorse
- religious (of salvation, etc.) Larch, Pine, SWEET CHESTNUT
- Social position of : LARCH
- Shock, from Star of Bethlehem.
- trifles, over: Chicory, Crab Apple
- DESPERATE:
 - Cherry plum, GORSE, SWEET CHESTNUT
- DESPONDENCY :
 - Gentian, Cerato, WILD OAK
- anguish from: Sweet Chestnut
- embitterment, due to : Willow
- inadequacy, through feeling of: Elm
- illness, due to: OAK
- lack of confidence, through: Larch
- self-reproach, from: Pine
- Shock, bad news from: Star of bethlehem.
- uncleanness, feeling of : Crab Apple

DESTRUCTIVENESS:

Cherry Plum, VINE

— of clothes:

Cherry Plum

DETAILS, — over-conscious about :

Crab Apple

— talks in minute details (loquacity):

Heather.

DICTATORIAL:

Beech, VINE

— in emergencies:

VINE

— affairs of others :

Chicory, Vervain, Vine.

DIPSOMANIA :

Cherry Plum.

DIRT: (see filth, contagion etc.)**DISAGREEABLE :**

Willow

DISAPPOINTMENT:

Gentian.

DISCHARGES — amel :

Scleranthus.

— complaints from, suppressed:

Scleranthus, Crab Apple

DISCIPLINED — for self and others:

Beech

— for others only:

Beech

— in his principles:

ROCK WATER

— sensitive to indiscipline, disorder, etc:

Beech

— serious about discipline:

Beech

DISCONTENTED, displeased, dissatisfied with others:

Willow

— with self :

Pine, Honeysuckle, Crab Apple, Larch, Sweet Chestnut, Oak, Rock Water.

— — over past occurrences, missed chances:

Honeysuckle

— with others:

Willow, Chicory.

DISCOURAGED:

Elm, Gentian

— at setbacks:

Gentian

DISGUST:

Honeysuckle, Crab Apple, Willow..

DISHEARTENED:

Gentian

— about other's welfare, recovery:

Red Chestnut.

DISOBEDIENT:

VINE

DISPLEASED:

Willow

— with his performances:

Honeysuckle, Pine

DISSATISFIED, due to unfulfilled ambitions:

Oak

— frustration:

Walnut

— illness, in :

Oak

— Jealousy, envy:

Holly

— resentment, from:

Willow

— with self :

Pine, Rock water

— with others:

Beech, WILLOW, Chicory.

— Over lost opportunities, chances missed, unpleasant occurrences:

Honeysuckle

DISTANCE, exaggerated, is:

Hornbeam, Impatiens.

DISTRACTION:

White chestnut

DISTRUSTFUL:

Holly

DISTURBED, averse to being :

Impatiens, Water Violet.

DOGMATIC:

Vine

DOMINATING :

VINE

— being dominated by others:

Centaury, Pine, Cerato, Mimulus

DOMINATION :

Chicory, Heather, Vervain, Vine.

DOUBT:

Gentian, Scleranthus.

DOUBTFUL, — recovery of :

Gentian, Gorse

— of other's recovery:

Red Chestnut

— Soul's welfare, of :

Pine, SWEET CHESTNUT

DREAD (see also Fear):

HORNBEAM, Aspen, Rock Rose.

— of new persons, strange places:

Walnut

— of men:

Chicory.

DREAM, — as if in a :

Scleranthus.

— night terrors, nightmares:

ASPEN, Mimulus, Rock Rose

— future, about this poetical:

Clematis

DROPSY:

Scleranthus, Crab apple

DROWSY:

Scleranthus

— dreamy, sleepy :

Clematis, Honeysuckle

— while attempting to read text-books-but not novels, interesting magazines, stories:

Scleranthus

— daytime, during, wakeful at night:

Scleranthus

— but cannot sleep:

Scleranthus.

DRUNKEN, seems as if :

Scleranthus

DULLNESS:
 Chestnut bud,
SCLERANTHUS
 — Children, in studies:
 Chestnut bud
 — lazy:
 Scleranthus
 — mortification, after :
 Gentian, **HONEYSUCKLE**
 — old people, overwrought
 persons:
 Olive
 — Slow in learning lessons,
 fine arts:
CHESTNUT BUD.
DWARFISHNESS, — physical:
 Crab Apple, Hornbeam,
 Walnut
 — is ashamed of his short
 height:
 Crab Apple
 — Mental :
 Walnut.
DWELLS — on past disagree-
 able occurrences:
 Honeysuckle
 — recalls old grievances:
 Honeysuckle
 — on thoughts about his
 problems (worries) caus-
 ing sleeplessness, difficult
 concentration:
 White chestnut.
EAT, refuses to:
 Rock water.
EFFORT, — lack of, due to
 dreaminess:
 Clematis.

— Lack of, due to exhaustion:
 Olive
 — Lack of, due to resigna-
 tion:
 Wild rose.
 — Over:
 Impatiens, Vervain.
EGOISTIC:
 VINE, Water violet, Chicory
EGOTISM, ailments from:
 VINE, Chicory.
EMERGENCIES; remedies
 frequently useful:
 Cherry plum, Impatiens,
 Scleranthus, Mimulus, Rock
 Rose, Star of Bethlehem,
 Rescue Remedy.
 — unbearable pain :
 Cherry plum
 — Burns and scalds:
 Cherry plum
 — type of persons useful in :
 Vine, Oak
EMBITTERED:
 Holly, Willow
EMOTIONAL :
 Cherry plum
ENTHUSIASTIC:
 Rock water, Vervain.
ENVY:
 Holly
EXAMPLE, would like to be :
 Rock water.
EXCITEMENT:
 — desires:
 Agrimony
 — anxious:
 Heather

EXHAUSTION :
 — after over-work, overstrain:
OLIVE.
 — mental, on thinking of
 tasks ahead:
 Hornbeam
 — after acute illness:
 Centaury
 — through weak will :
 Centaury
 — physical and mental :
 Olive
 — through strain and effort:
 Vervain
 — due to apathy:
 Wild rose
 — due to lack of vitality:
 Clematis
EXERTION, — physical agg:
 Olive
 — Mental, amel:
 White chestnut
 — physical, amel:
 Impatiens
EXTRAVAGANCE:
 Vine
EYE:
 — agglutinated in the morn-
 ing on waking :
 Crab apple
 — sand sensation, in :
 Crab apple.
FAILURE:
 — expects in new ventures,
 due to lack of self-confi-
 dence.
 Larch. Hornbeam.

— expects in his daily rou-
 tine:
 Hornbeam, Larch
 — feeling of in his profes-
 sion:
 Elm.
FAINTING :
 Scleranthus, Rescue Rem-
 edy
FAINTNESS:
 Clematis
FAITH :
 — deep, in Religion:
 Walnut
 — deep, in persons:
 Cerato
 — lost :
 Gentian, Gorse
FANTICISM:
 Cerato, Vervain, Walnut
 — religious :
 Cerato, Pine, Walnut
FANCIES:
 — absorbed in :
 Clematis
 — vivid
 White chestnut
FASTIDIOUS:
 Beech
FAULT-FINDING :
 Beech, Chicory, Willow
 — with others:
 Beech, Chicory, Holly, Im-
 patiens, Willow
 — with self:
 Honeysuckle, Pine, Rock
 water.

FAULT - finding, finicky, cautious :
 Beech, IMPATIENS

FEAR, (see also Anxiety):
 Aspen, MIMULUS, Hornbeam, Rock rose, Rescue Remedy.

— absence of :
 Clematis, Red chestnut (for self)

— accidents of :
 Mimulus

— Others, for :
 Red chestnut

— alone, of being :
 Chicory

— animals, dogs, persons approaching him:
 Mimulus

— Apoplexy, approaching vehicles:
 Mimulus, Rock Rose:

— bad news, of hearing, about others:
 Red Chestnut

— behind him, that someone is ready to hit him :
 Mimulus, White chestnut

— cancer, of
 Clematis, Mimulus

— cold, damp, of :
 Mimulus

— danger, impending of :
 Mimulus

— dark, of going in; amel in company :
 Chicory

— darkness:
 Aspen, Mimulus

— death, of :
 Aspen, Mimulus, Rock Rose

— destination, of being unable to reach his :
 Hornbeam

— diseases:
 Mimulus

— extreme:
 Rock Rose.

— failure of, in business:
 Hornbeam, LARCH, Gorse

— friend has met with accident, that a:
 Red chestnut

— Future, of the (see Anxiety);
 Agrimony, Hornbeam, Mimulus, Larch, Gorse, Clematis

— ghosts:
 Mimulus, Rock Rose

— Husband, that he would never return, that something would happen to him:
 Red chestnut

— health, for :
 Heather, Mimulus

— insane, of becoming, due to uncontrollable emotions:
 (loss of self-control)
 Cherry plum

— Others welfare of :
 Red chestnut

— known cause of :
 Mimulus

— loss of reason:
 Cherry plum

— Loss of control, of (Mental):
 Cherry plum

— loosing friends :
 Chicory, Heather, Mimulus, olive.

— mind giving way:
 CHERRY PLUM:

— Mental :
 Aspen

— Observed, of her condition being :
 Crab apple

— because of her past blunders and ridiculous acts :
 Honeysuckle

— Pointed objects:
 Rock Rose.

— Poison :
 Rock Rose

— places closed:
 Aspen

— Pregnancy, labour, during in primipara:
 MIMULUS, Hornbeam, Rock Rose, Walnut

— In multipara:
 Mimulus, HORNBEAM, ROCK ROSE

— man of :
 Mimulus

— Physical, e.g. poverty, illness:
 Agrimony, Mimulus

— religious :
 Aspen

— robbers, of :
 Mimulus, Rescue Remedy.

— Secret:
 Aspen, Mimulus

— Solitude, aversion to:
 Chicory, Vervain, Heather

— Stomach, arising from:
 Scleranthus

— Strangers, of : (see sensitive to strangers)

— Syphilis :
 Crab Apple, Rock Rose

— Thunder storms:
 Rock Rose

— touch, contact:
 Crab Apple

— Unknown cause of :
 Aspen

— Vague, unreasoning for themselves, if ill:
 Heather, Mimulus

— Work, dread of :
 HORNBEAM

FEIGNING, — sick:
 Chicory

— to get sympathy, care and attention from others:
 Chicory

FERVANCY :
 Vervain

FEVER, — intermittent:
 White Chestnut

— Septic :
 Crab Apple

— Temperature fluctuating in a zig-zag manner:
 Scleranthus

— Sweat does not relieve:
 Scleranthus

FICKLE :
Cerato, Scleranthus

FIGHT, wants to:
Chicory, VINE

FIGHTING for his shares, dues:
Chicory

FILTH, Sensitive to:
Crab Apple

FIXED notions :
Cerato, Crab Apple

FIXED IDEAS AND OPINIONS :
Beech, Rock Water, Vervain, Vine

FLABBINESS of abdomen, muscles, etc.
Crab Apple

FOOLISH :
Cerato

FOLLOWING 'isms':
Cerato

FOREBODINGS (see Fear, Anxiety and Sadness):
Hornbeam, Red Chestnut.

FOREIGN body — sensation in any part of body:
Crab Apple

— to promote expulsion of splinters, etc. from soles, palm, fish-bone in throat:
Crab Apple

— In throat:
Mimulus, Rescue Remedy, HORNBEAM.

FORGETFUL:
Clematis, Vervain, WHITE CHESTNUT

— unable to recall however hard he tries :
Scleranthus

— Streets of well-known which side of the street his house was on:
Scleranthus

— words of, while speaking :
Scleranthus, White Chestnut

FORGOTTEN things, came to mind in sleep:
Scleranthus, White chestnut

FORSAKEN feeling:
Chicory.

FORSAKES his own children, (indifference).
Scleranthus

FRANTIC, frenzy:
Cherry plum, White Chestnut

FRETFUL:
CHICORY, Impatiens, Vervain

about deatils:
Crab Apple

FRIGHT:
Mimulus, Star of Bethlehem, Rock Rose, Rescue Remedy

— for other's conditions:
Red chestnut:

FRIGHTENED easily:
Mimulus, White chestnut

— Wakens in a fright from least noise:
IMPATIENS, White chestnut

FRIVOLOUS:
Chicory.

FROWN, disposed to:
Gentian, Willow

FURY, Rage:
Cherry plum, Vine

FUSSY:
Cerato, Chicory Crab Apple

GAY, frolicsome, nilarious:
Agrimony, Vervain.

GENIAL, JOYOUS
Agrimony

GENTLENESS:
Centaury.

GESTURES, — makes:
White chestnut

— Furious, violent:
Cherry plum, VINE

— Motions, involuntary:
Scleranthus, WHITE CHESTNUT

GLOOMY, UTTER SADNESS:
Mustard, Gentian, Wild Rose

GREEDY:

— for things:
Chicory

— Information for:
Cerato:

— Power :
Chicory, VINE, Vervain

— for perfection:
Rock water, Vervain.

— for other's possessions:
Chicory

— for sympathy :
Chicory, Heather

GRIEF:
Gentian, Mustard, Sweet chestnut.

— condition, about his :
Gentian, Larch.

— hunting for something to grieve:
Gentian

— Loss of dear ones:
Chicory, Star of Bethlehem

— shock, from:
Star of Bethlehem

— undemonstrative:
Agrimony

— over failures of the past over which he regrets:
Honeysuckle

GRIMACES:
Gentian, Willow

GROANING:
Cherry plum, White chestnut

GROPING as if in the dark:
Scleranthus, White chestnut

GROWLING like a dog:
Cherry plum, OLIVE

HALLUCINATIONS : illu-
sions, delusions (auditory, olfactory, tactile, visual) (see also Delusions):
White chestnut

HAPPY :
Agrimony (in difficulties and sorrows)

HARDHEARTED:
Vine

HARD MASTERS:

— to themselves:
Rock water

— to others:
Beech, Chicory, Impatiens, Vervain, Vine

HASTY:
 IMPATIENS, Vervain

HATE :
 -- through Jealousy:
 Holly
 -- through resentment : (re-
 senting others success &
 happiness)
 -- who do not agree with
 him:
 Chicory, Vine
 -- women, for :
 Willow
 -- Religious :
 Pine.

HAUGHTY :
 Vine

HEADSTRONG:
 Vine

HEEDLESS:
 Clematis, Scleranthus, Wild
 rose.

**HEIGHT, medicine to in-
 crease (in short persons):**
 Crab Apple

HELPLESSNESS, feeling of:
 Chicory

HESITANCY :
 -- through uncertainty:
 Scleranthus
 -- through fear :
 Mimulus
 -- through lack of confidence:
 Larch
 -- none, being self-assured:
 Impatiens, Vine, Water vio-
 let

HIDE, desire to :
 Chestnut bud

**HIGH PLACES, aggravates
 physical symptoms:**
 Olive

HIGH SPIRITED :
 Vervain

HILARITY:
 Vervain

HOARSENESS:
 Crab Apple, HORNBEAM
 -- for overuse of voice of
 public speakers, singers:
 Olive.

**HOME-SICKNESS OR
 HOME, desires to go :**
 Chicory, Walnut, Honey-
 suckle, Clematis

HONOR, effects of wounded:
 Gentian, HONEYSUCKLE

**HOPEFUL — of happy future
 (day-dreaming)**
 Clematis.
 -- of success, inspite of fail-
 ures in his efforts :
 Oak

HOPELESSNESS:
 Gorse, Sweet chestnut, Rock
 Rose
 -- due to lack of self-confi-
 dence:
 Larch
 -- extreme :
 Sweet chestnut
 -- in others, medicines:
 Gorse

**HORRIBLE things and sto-
 ries, affect her profoundly:**
 ROCK ROSE

HORROR:
 Rock Rose

HOUSE-PROUD:
 Chicory, Crab Apple

HOWLING :
 Cherry plum, White chest-
 nut

HUMOROUS :
 Crab Apple

HURRY
 IMPATIENS, Vervain
 -- drinking, eating, while :
 Impatiens, Vervain
 -- everybody must hurry:
 Impatiens
 -- oversenthusiasm, from :
 Vervain

HUSBAND, aversion to :
 Willow

HYDROPHOBIA
 Cherry plum, White chest-
 nut.

HYPERTENSION:
 Cherry plum, Vervain,
 VINE

**HYPOCHONDRIACAL hu-
 mor :**
 Chicory, Gentian, Willow

HYPOCHONDRIASIS:
 Mimulus, White chestnut

HYPOCRISY:
 Vine
 -- suppression of discharges,
 after:
 Scleranthus

HYSTERIA :
 Aspen, Cerato, Heather,
 Holly, Honeysuckle,
 Mimulus, Oak, Pine, Red
 Chestnut, Chicory, White
 Chestnut, Rock Rose.

IDEALISTIC :
 -- impractical :
 Clematis
 -- Over-enthusiastic :
 Vervain
 -- for self:
 Rock water
 -- high ideals :
 Beech, Impatiens, Rock
 water, Vervain
 -- unable to realise:
 Oak

IDEAS, deficiency of :
 Scleranthus

IDIOCY :
 Chestnut bud.

ILLNESS, Simulated:
 Chicory, Heather, Willow.

**ILLUSIONS, delusions and
 hallucinations (see Delu-
 sions):**
 White chestnut

IMPATIENCE:
 Impatiens, Chestnut bud.

IMAGINATIVE:
 Clematis

IMAGINATIONS, fancies:
 Clematis, WHITE CHEST-
 NUT

IMBECILITY:
 Chestnut bud

**IMITATING others (manner-
 isms, etc.):**
 Cerato

IMPATIENCE, (Impatient):
 Over-enthusiasm, from:
 Vervain

IMPERIOUS :
 Vine .

IMPETOUS :

Cherry plum

IMPULSIVE :

Cherry plum

— constant thoughts to do impulsive acts:

White chestnut

— which are suppressed (unfulfilled ambitions):

Agrimony

— Joy, from excessive:

Vervain

IMPULSIVENESS:

Impatiens

— Uncontrolled fear of over-enthusiasm:

Cherry plum, Vervain.

INADEQUACY, feeling of :

Elm

INCONSTANCY:

Cerato, Scleranthus, Wild oat

— about the goal in life:

Wild oat

— trifles:

Scleranthus

INDIFFERENCE, apathy:

Clematis, WILD ROSE.

— due to laziness, drowsiness:

Scleranthus

— to present, due to day-dreaming:

Clematis.

— complain does not when sick :

Agrimony

— Suffering, disease, etc. to:

Agrimony, Oak

— to important things, while takes pleasure in trivial matters:

Scleranthus

— to welfare of others, family members:

Wild Rose, Clematis, Willow

INDIGNATION :

Honeysuckle

INDOLENCE :

Scleranthus, Olive, Willow

INDUSTRIOUS

Impatiens, Pine

— because he cannot keep quiet:

Impatiens

— feels time wasted amounts to sin;

Pine

INFLUENCED:

— rarely:

Walnut

— easily:

Centaury

— by decisions of others:

Cerato, Gorse

— by delay and hindrance:

Gentian

— For the sake of peace:

Agrimony

— through jealousy:

Holly

INHUMANITY:

Vine

— from violent anger :

Cherry plum

INJURIES, with unbearable pain:

Cherry Plum

INQUISITIVE:

Cerato

INSANITY:

CHERRY PLUM, Clematis, White chestnut

— repeats the same things, makes speeches, verses:

White chestnut

— imitating others:

Cerato

— erotic:

CHERRY PULM, White chestnut

— monomania

Chicory, Crab Apple , WHITE CHESTNUT

— Kleptomania :

Chicory

— fear of becoming insane:

Cherry plum

— unable to resist himself:

Cherry plum

— to possess things:

Chicory

INSOLENT:

Vine

INSOMNIA (see also sleep):

Scleranthus, WHITE CHESTNUT

INSTABILITY:

Cerato, Scleranthus

— in his job:

Wild oat, Cerato

INTERMITTENCY OF SYMPTOMS :

White chestnut

INTOLERANT :

Beech

INTOLERANCE :

Beech, Impatiens, Vervain, Water violet

— of restraint:

Impatiens, Rock water.

— Overbearing :

Vervain, Vine

INTEREST:

— Lack of

— — in present :

Clematis

— — through dreaminess:

Clematis

— — through embitterment:

Willow

— — through absorption in memories:

Honeysuckle

— — because of exhaustion:

Olive

— — because of worrying thoughts :

White chestnut

— — because of resignation:

Wild Rose

— — because of hopelessness:

Gorse

— — because of gloom:

Mustard

— — because too quick thoughts ahead:

White chestnut

— — because self-absorption:

Heather

— — too much:

Vervain

INTERFERENCE:

- attempt to hurry others:
Impatiens
- by fussing and criticising :
Chicory
- by talking of one-self:
Heather
- by dominating :
Vine
- by over-persuading :
Vervain, Vine
- by asking questions:
Cerato
- by Revenge:
Holly
- by thoughts:
White Chestnut

INVOKE ILLNESS:

- to obtain sympathy :
Chicory, Heather
- to keep power over others:
Chicory.
- through resentment :
Willow
- to escape experiences :
Clematis
- to escape fear:
Mimulus
- because of lack of confidence:
Larch

IRRASCIBILITY:

Cherry Plum

IRRESOLUTION:

- Cerato, Scleranthus
- acts, in:
Scleranthus
- projects, in :
Scleranthus

- projects, in :
Cerato, Wild oat

- trifles, about:
Scleranthus

IRRITABILITY:

- Beech, Chicory, Holly, Impatiens, Willow.

IRRITABLE :

- Cherry plum, Impatiens.

- noise, from

- Impatiens.

ISOLATION, — sensation of:

- Chicory

- desires:

- Impatiens, Water violet.

ITCHING — has to scratch

- until it bleeds (see also skin):

- Cherry plum

- changes place on scratching :

- White chestnut,
SCLERANTHUS

- despair, from:

- Gorse, Sweet chestnut

JAUNDICE:

- Hornbeam

- blood transfusion, after:

- Walnut, Crab Apple

JEALOUSY:

- Holly

JESTING TOO MUCH:

- Crab Apple, Cherry plum.

JOY, excessive:

- White chestnut

JOYFUL even at sorrow:

- Agrimony

JUMPING, — impulse to jump into the river:

- Cherry plum

- in joy:

- Vervain

KLEPTOMANIA :

- Chicory

- cannot resist the impulse to steal:

- Cherry plum

LAMENTING :

- Honey suckle, White chestnut, Gentian

LAUGHING — immoderately at trifles:

- Crab Apple

- over his misfortune:

- Agrimony

- others misfortune:

- Holly

LEARNING, slow in :

- Chestnut bud.

LEWDNESS:

- Cherry Plum.

LIFE:

- despaired of :

- Rescue Remedy, Rock Rose

- a drudgery :

- Centaury

- loss of interest in:

- Clematis

- no pleasure in :

- Olive

LIGHT, oversensitive to:

- Impatiens

LOATHING LIFE:

- Willow, Wild Rose

- due to lack of self-confidence:

- Larch

- weakness

- Olive

- self-blame, from:

- Pine

LONELINESS agg. (see also company):

- Chicory

- desires:

- Impatiens, WATER VIOLET

- dislikes:

- Agrimony, Chicory,
Heather, Vervain, Mimulus

- as an escape from worries:

- Agrimony

- enjoy:

- Water Violet

- prefers, for work (doesn't want disturbance):

- Impatiens

LOQUACITY:

- Heather

- talks to himself:

- White chestnut

LOVE, ailments from disappointed:

- CHICORY, Gentian

- with jealousy, anger & incoherent talk:

- Holly

- with silent grief:

- Agrimony

LOVE-PANGS:

- Chicory

LUMP or ball sensation in internal parts :

- Crab Apple

MANUAL LABOURERS (tonic for carpenters, sweepers, gardeners):

- Olive

MANIA, (MADNESS) (see insanity):
Cherry plum, White chestnut, Vervain, Chicory.
MARASMUS, emaciation, atrophy:
Hornbeam, Scleranthus
MARTYRS:
— to a cause:
Vervain
— to self-pity:
Chicory
— to health:
Heather
— to resentment :
Willow
— to own ideals :
Rock water
MEDIUMISTIC :
Centaury, Clematis
MELANCHOLY (see sadness)
Gentian, Gorse, Honeysuckle, Mustard, Pine.
— for no known reason (causeless):
Mustard.
MEMORY, weakness of (see forgetful):
White Chestnut,
SCLERANTHUS
MEN, dread of :
Mimulus, HORNBEAM
— fear of strangers:
Chicory.
MENOPAUSE, menses do not cease or complaints during:
Walnut

MENTAL EXCITEMENT,
agg.
White chestnut
MENTAL OCCUPATION,
ameliorates:
White chestnut
MENTAL RETARDATION:
Chestnut bud, Walnut.
METASTASIS of complaints:
Scleranthus
MILD :
Centaury
MISANTHROPY:
Willow, Wild Rose.
MISGUIDED BY OTHERS:
on occasion:
Centaury, Cerato, Walnut
MISTAKES in calculating:
White chestnut
— repeats the same mistakes
Chestnut bud
MOANING, groaning:
White chestnut
— sleep during :
White chestnut
MODALITIES, complaints
with, unusual:
Scleranthus
MONOMANIA :
Crab Apple, Chicory, White chestnut.
MOOD, alternating, changeable:
Scleranthus, Wild oat,
Cerato
— in acute diseases:
Scleranthus
— in respect of his profession, goals:
Wild oat, Cerato.

MOROSE:
Gentian, Mustard.
MORTIFICATION:
Honeysuckle, White chestnut
MOTION amel:
Impatiens, Scleranthus
MOUNTAINEERS, medicine
for :
Olive
NEATNESS, overconscious
for:
Beech
NERVOUS (See Excitement).
Cherry plum, White chestnut, Vervain, Scleranthus
— Does not know what to do:
Scleranthus
NERVOUSNESS:
Mimulus
NERVY:
Agrimony, Chicory, Impatiens, Mimulus, Oak, Vervain.
NEW jobs, places, residences, towns, countries (see change):
Walnut
NIGHT-MARES, night-terrors:
Aspen, Mimulus
NOISE, averse to :
Impatiens.
NOSTALGIA:
Chicory, WALNUT
NUMBNESS:
Clematis, Star of Bethlehem
NYMPHOMANIA :
Cherry plum

OBESITY:
CRAB APPLE
OBSERVATION, lack of :
Chestnut Bud, Clematis, Honeysuckle, White chestnut
OBSESSIONS:
— fear :
Cherry plum
— despondency :
Oak
— religious :
Clematis, Vervain
— Self-martyrdom :
Rock water
— Over details :
Crab Apple
OBSTINATE:
Chicory, VINE
— in his principles
Rock water
— in his efforts inspite of failures :
Oak
— against whatever was proposed he had the queerest objections:
Vine
— declares there is nothing the matter with him.
Agrimony
OCCUPATION, mental amel:
White chestnut
OPPFENDED, easily :
Gentian
OFFENSIVE odor of discharges:
Crab Apple
OLD TIES TO BREAK:
Walnut

OPPORTUNITIES grieves
 over lost:
 Honeysuckle
OVER-ANXIOUS
 — to please:
 Centaury
 — to care for others:
 Chicory
 — to influence others :
 Vervain
 — for others opinions :
 Cerato
 — over details:
 Crab Apple
 — for self :
 Heather, Rock water
 — for safety of others:
 Red chestnut
OVER-ENTHUSIASTIC:
 Vervain, White chestnut
OVER SENSITIVE: See "Sensitive"
 — hide it:
 Agrimony
 — willingly, through weakness:
 Centaury
 — to strong influences:
 Walnut
 — to fancied insults:
 Holly
OVERWORKED, over
 wrought:
 Olive
PAINLESSNESS of complaints that are usually painful:
 Scleranthus

PANIC :
 Rock Rose.
PAST, living in the past,
 grieving missed opportunities and unpleasant events:
 Honey suckle
PASSIONATE:
 Chicory
PERIODICALLY, complaints appear:
 White chestnut
PERSEVERANCE:
 — want of, undertakes many things,
 perservers in nothing (see Indecision, Irresolute, Laziness):
PERSISTS — in nothing :
 Cerato, Scleranthus, Wild oat.
 — inspite of repeated failures:
 Oak
PERSUADED BY OTHERS:
 — against inclination:
 Gorse
 — Through self-distrust:
 Cerato
 — Through weakness:
 Centuary
 — through kindness:
 Agrimony
 — On rare occasions :
 Walnut
 — through jealousy, envy:
 Holly
 — to please others
 Centaury, Gorse

PHOBIAS:
 Mimulus, Rock Rose
PIMPLES, face on :
 Crab Apple
PITIES herself:
 Chicory
PLANS, — making many :
 Clematis, WHITE CHESTNUT
 — revengeful :
 Holly
PLODDERS:
 Oak
POISE:
 — lack of :
 Scleranthus
 — Possess:
 Water violet
POSSESSIVENESS:
 Chicory, Heather
POSTPONING till the eleventh hour:
 Scleranthus
POWER, love for :
 Chicory, Vine
PRETEND illness to get sympathy & attention:
 Chicory
PRIAPISM :
 Scleranthus
PRIDE:
 Water violet, CHICORY, Vine.
PROCRASTINATE desires to, because business seemed so long lasting, or as if it never could be accomplished (see Perseverance)
 Hornbeam

PROCRASTINATION:
 Larch, Mimulus,
 Scleranthus
PROBLEMS to get solution for:
 White chestnut
PROPHYLACTICS for dreaded disease such as cholera. etc.
 Mimulus
 — infectious:
 Crab Apple
PROSTRATION of mind :
 Horn beam, OLIVE.
PUBERTY — menses, do not appear at proper age:
 Walnut
 — complaints during :
 Scleranthus, Walnut
PULL:
 — desires to pull ones hair, teeth:
 Cherry plum.
QUARRELSOME:
 Chicory
QUESTIONS, speaks continually in :
 Cerato
QUICK to act:
 Impatiens, VINE, Vervain
QUIET disposition :
 Agrimony, Aspen, Centaury, Scleranthus, Water violet
 — dreamy:
 Clematis
 — shyness:
 Mimulus

RAGE, fury:
Cherry plum, Vine
— constant:
White chestnut
— insults after:
Vine
— kill people, tries to:
Cherry plum
— strength increased:
Cherry plum, Vine
— violent :
Cherry plum, Vine.
REACTION:
— lack of :
Hornbeam, Scleranthus,
Agrimony
RECOGNISE:
does not, his relatives:
Scleranthus
REFLECTING :
Scleranthus
REFUSES:
things asked for :
Scleranthus
REFUSES TO BE CON-
SOLED:
Star of Bethlehem.
REGRETS:
Past mistakes, unpleasant
events and opportunities
missed:
Honeysuckle
REMORSE:
Honeysuckle, Pine
REPENTING:
Honeysuckle, Pine
REPROACHES:
— ailments after:
Honeysuckle

— himself :
Pine
— others: Willow
RESENTMENT:
Holly, Willow
RESIGNED:
Gorse, Wild Rose.
RESERVED:
Water violet, Chicory.
REST:
cannot when things are
not in proper place:
Beech
RESTLESSNESS:
— through mental torture :
Agrimony
— through indecision:
Scleranthus
— through impatience :
Impatiens
— through over-enthusiasm
wants to go from one bed
to another:
Scleranthus
— tossing about, in bed:
Impatiens, Scleranthus
RESTRIANT:
— self inflicted:
Rock Water
RELIGIOUS :
Walnut, Pine
— eternal, antics bliss be-
lieves herself unworthy of
because she is unable to
perform her duties:
Sweet chestnut
— despair:
Sweet chestnut

— Fanaticism:
Cerato, Pine, WALNUT
— excitement:
Walnut
— feeling religious rites rev-
erentially :
Cerato, PINE
— misapplies the scriptures
to his own detriment:
Pine, Sweet chestnut
— wished to live and do pen-
ance in order to mitigate
her eternal punishment:
Pine
— Prays all the time:
Pine
— antics salvation, despair of:
Sweet chestnut
— doubts:
Pine
— tormented about :
Sweet chestnut
RETIREMENT, medicine to
be taken on:
Walnut
REVENGE:
Holly
REVENGEFUL:
Holly, Vine
RIGIDITY, MENTAL :
Beech, Rock Water, Ver-
vain, Vine
ROCKING, amel:
Impatiens.
RUDE:
Vine
SADNESS:
Gentian, Mustard, Honey-
suckle, Pine, Star of
Bethlehem, Wild Rose.

— insult, as if from:
Honeysuckle, Chicory.
— suppressed, does not dem-
onstrate:
Agrimony
— quiet:
Agrimony
— weep, cannot :
Agrimony
SALVATION, feels he has
no:
Sweet chestnut
SAND SENSATION in eyes:
Crab Apple
SCORN:
Holly, Willow
SECRETS, divulges:
Cherry plum, Vervain
SELF-BLAME:
Pine
SELF-CENTRED
Chicory, Heather, Willow
SELF-CONFIDENCE:
— lack of :
Larch
— through fear, lack of:
Mimulus
— Possess:
Vervain, Vine, Water vio-
let.
SELF DENIAL:
Centaury, Rock water
SELF-DISLIKE :
Crab Apple
SELF DISTRUST:
Cerato
SELFISH:
Chicory

SELF-IMPORTANT:

Chicory, Heather, Vine

SELF-MARTYRDOM:

Centaury, Rock Water

SELF-PITY

Chicory, Heather, Willow

SELF-RELIANT

Impatiens, Vine, Water Violet.

SELF-REPROACH:

Pine

SENSATION as if :

— foreign body lodged in throat:

Crab Apple

— alive, something in abdomen:

Crab Apple, White Chestnut

— being pursued:

White chestnut

— he could grasp the painful area and keep it aside:

White Chestnut

— accomplish her work, she cannot (dread):

Hornbeam

SENSES, acute:

Impatiens

— vanishing :

White Chestnut,

SCLERANTHUS.

SENSITIVE:

— noise to:

Impatiens, Clematis,

Mimulus

— argument, controversy:

Agrimony, Mimulus

— to strife:

Agrimony, Mimulus

— to talking :

Mimulus

— to being questioned:

Mimulus

— new places, surroundings, atmosphere:

Walnut

— suffering of others:

Red Chestnut

— to pain :

Cherry plum, Impatiens

— to crying of children:

Cherry plum, Impatiens.

— to Music:

Willow

— steel points directed toward her :

Mimulus

— dirt, filth:

Crab Apple

— disorder, to:

Beech

— as to what others say about him:

Crab Apple :

— to strangers:

Walnut, Chicory,

SENTIMENTAL :

Chicory

SEQUELAE:

Centaury, SCLERANTHUS

SERIOUS :

Beech

SET-BACKS:

— discouraged by:

Gentian

— persevere in spite of :

Oak

— given in to:

Gorse

— frightened by:

Mimulus

SEXUAL excesses:

Olive, Hornbeam.

SHAME, mortification, reserved displeasure:

Honeysuckle

SHAMELESS:

Clematis, Wild rose.

SHOCK, mental or physical:

Star of Bethlehem.

STRIKING:

Cherry plum

SHY:

Crab Apple, Mimulus

SILENT:

Agrimony

SINGING

Vervain

— involuntarily, repeats, same rhyme spontaneously:

White chestnut

— Obscene songs:

Cherry plum.

SIT, inclination to :

Olive, SCLERANTHUS.

SITS, — quite stiff :

Scleranthus

— in one place for 3-4 days:

Scleranthus, White chestnut

— wrapped in deep, sad thoughts, as if and notices nothing:

Mustard.

SKIN — itching:

Crab Apple, Cherry Plum, White chestnut

— itching, changes place on scratching:

Scleranthus, White chestnut

— must scratch, until it bleeds:

Cherry Plum.

— worse from scratching:

Scleranthus

SLEEP — restless:

Impatiens

— wants sound sleep :

Scleranthus

— to overwork when urgent work is on hand:

Scleranthus.

— unrefreshing, awakens wretched:

SCLERANTHUS, Hornbeam.

SLEEPLESS:

Scleranthus, WHITE CHESTNUT

— wakeful during certain hours:

White chestnut.

— wakes up early and cannot sleep again:

Scleranthus

— night, and sleepy at day:

Scleranthus

— suddenly wide awake:

White chestnut

— Spasmodic symptoms during (jerking, twitching-starts) :

White chestnut.

SLOWNESS:
 — in learning, always behind hand:
 Chestnut bud.
 — in taking a decision :
 Scleranthus
 — because of lack of interest:
 Clematis
SMILING, never:
 Beech, Rock water, Vine.
SMOKING, habit to overcome:
 Cherry plum, Walnut, Scleranthus
 — given up for sometime and starts again:
 Scleranthus.
SHORT persons, to increase height:
 Crab Apple
SNEERS at everyone:
 Willow
SORROW :
 Gentain, Mustard, Willow, Chicory, Sweet chestnut Pine, Agrimony.
 — extreme:
 Chicory, Sweet chestnut
 — loss, from:
 Chicory
SPECIFIC remedies for musicians:
 Olive, Crab Apple, Hornbeam
 voice failing suddenly while singing or while attempting to sing at high pitch:
 White chestnut, Hornbeam.

— for burns:
 Cherry Plum.
 — for proof readers:
 Olive
 — for injuries causing unbearable pain:
 Cherry plum
 — for periodically appearing complaints:
 White chestnut.
 — for complaints that constantly change, shift or wander about:
 Scleranthus
 — ineffectual, urging for stool, to urinate:
 Scleranthus
 — gymnastics:
 Olive, Cherry plum
 — sportsmen:
 Olive, Cherry plum
 — suppressed emotions:
 Agrimony.
 — discharges:
 Scleranthus
 — bad habits, to give up:
 WALNUT, Cherry Plum.
SPEECH:
 — babbling, confused, hesitating, incoherent:
 Scleranthus
 — abrupt, short, curt:
 AGRIMONY, Beech
 — hesitating, stammering :
 Scleranthus
 — hasty:
 Impatiens, Vervain
 — constantly changing subjects, end of one topic

leads to the beginning of the other:
 Heather.
 — prattling, strange, unintelligible, wander:
 Scleranthus.
SPITEFUL:
 HOLLY
SPOKEN TO, averse to being:
 Agrimony, Willow
SPORTS medicine:
 Rescue remedy, Cherry plum, Olive, Star of Bethlehem.
 — Mountaineering :
 Olive.
STAGE FRIGHT:
 Mimulus, Hornbeam, White chestnut, Scleranthus, Rescue Remedy (see fear)
 is unable to recall what he wanted to speak:
 Scleranthus.
 — nervous, trembling:
 White chestnut:
STARTING, startled:
 White chestnut
 — noise, from:
 Impatiens.
STITCHING pains:
 Crab Apple
STRANGERS:
 — presence of agg:
 Chicory
STRAINING, complaints from:
 Star of Bethlehem, OLIVE,
 Impatiens, Vervain, Rock Water
 — over exertion:
 Olive
STRENGTH, admires others:
 Larch, HORNBEAM
 — lack of :
 Hornbeam.
 — desire to increase one's strength:
 Hornbeam
 — to tone up liver, improve digestion, strengthen the voice, vocal cords:
 HORNBEAM.
 — want of, to do his usual vocation:
 Hornbeam
STRICT:
 — with others:
 BEECH, Vine, Chicory, Vervain
 — with self:
 Rock water
STRIKING:
 Cherry plum, Vine
 — himself, knocking his head against wall:
 Cherry plum, Pine
 — children, in :
 Chicory, Cherry plum, Vine.
STRUGGLERS:
 Oak
SUDDEN ILLNESS:
 Rescue Remedy, Rock Rose
SUICIDAL :
 Agrimony, Aspen, CHERRY PLUM, Clematis, Mimulus, Rock Rose

—dread of an open window or a knife with:
Mimulus

—pain, from:
Cherry plum

—poison by:
Agrimony

—Seeing blood or a knife she has horrid thought of killing herself though she abhors the idea:
Cherry plum, White chestnut

—thoughts:
White chestnut

—throwing himself from a height, window; by hanging:
Cherry plum

SULKY:
Cherry plum, Impatiens, Willow, Vine, Water violet

SULLEN:
Cherry plum, Impatiens, Willow.

SUNSTROKE:
Rescue Remedy, Star of Bethlehem, Cherry plum, Olive

SUPERSTITIOUS:
Walnut, Cerato

SUPPRESSED emotions:
Agrimony.

—discharges:
Scleranthus

SURE OF THEMSELVES:
Vine, Water violet

SURPRISES pleasant, affections, after:
Vervain, White chestnut.

SUSPICIOUS, mistrustful:
Holly

SWALLOWING, difficult:
Hornbeam, Crab Apple

SWEAT affords no relief to symptoms or aggravates it:
Scleranthus

—profuse:
Crab Apple

SYMPATHETIC:
Pine

SYMPATHY:

—wish for:
Chicory, Heather

—lack of :
Beech, Vine

TALKATIVE:
Cerato, Chicory, Heather, Honeysuckle, Vervain.

—sometimes:
Cherry plum, Mimulus, Rock Rose.

TALK — desires to someone:
Heather, Vervain

—indisposed to :
Agrimony, Willow

—slow in learning:
Chestnut bud.

TALKING aggravates:
Impatiens.

—pleasure in his own talking:
Heather

—business, of:
Beech

—excited:
Cherry-plum, White chestnut, VERVAIN .

TALKS to himself;
White chestnut

—war, of :
Rock Rose

TEARS things:
Cherry plum.

TEARFUL:
Agrimony, Cherry plum, Chicory, Scleranthus

TEETH:

—Desire to clench:
Cherry plum

—grinding:
White chesnut, Cherry plum.

TEMPERAMENT VIOLENT:
Holly, Impatiens, Vervain, Vine.

—through fear:
Cherry plum

—through instability:
Oak, Scleranthus

TEMPTATIONS, unable to resist:
CHERRY PLUM

—because of fickle-mindedness:
Scleranthus

TENSION:
Beech, Impatiens, Rock water, Star of Bethlehem, Vervain, Vine.

—through fear.
Mimulus, Aspen, Rock Rose, Red chestnut, Cherry plum.

TERROR:
Rock Rose

THEORISING:
Clematis, WHITE CHESTNUT

THINKING of complaints
agg:
White chestnut

THIRST:
Cherry plum

—not ameliorated by cold drinks:
Scleranthus

THOUGHTS:

—confused:
Scleranthus

—disagreeable :
White chesnut

—dreaded:
Cherry plum

—expression and words heard, recur to his mind:
White chesnut

—future, of the happy:
Clematis

—intrude and crowd around each other:
Scleranthus

—of revenge:
Holly

—past:
Honeysuckle

—persistent, worrying :
White chestnut

— rapid:
White chestnut

— Rapid, quick, etc:
Impatiens

— sexual:
Cherry plum

— thinks mind and body are separated:
Scleranthus

— tormenting :
White chestnut

— unpleasant subjects of the past, haunted by:
Honeysuckle

— Vanishing, of :
White chestnut

— wandering :
White chestnut

— which he hates:
White chestnut

THREATENING:
Vine

THROAT :

— Complaints (cancer, dysphagia, hoarseness), remedies frequently useful:
HORNBEAM, Crab Apple

— lump or crumb sensation, pricking, stinging:
Crab Apple

— public speakers, singers:
Olive, White chestnut

— cancer or any inflammatory affection causing difficulty in swallowing, speaking:
HORNBEAM

— sore:
Crab Apple, HORNBEAM

— raw feeling, tickling in :
Crab Apple, Hornbeam

— pain ameliorated only when swallowing :
Scleranthus

— lump sensation that cannot be swallowed down:
HORNBEAM, Crab Apple

— — returns after swallowing :
White chestnut

THROWS things away:
Cherry plum, Vine.

— at persons who offend:
Cherry plum, Vine.

THOUGHTFUL:
Clematis

TIME — passes too slowly:
Impatiens, Vervain

— medicine to be taken, to tell the time without a watch:
Beech

TIMID:
CRAB APPLE, Mimulus

TONIC — asks for to increase his strength:
Hornbeam

— to increase one's height:
Crab Apple

TONICS:
Centaury, Olive, HORNBEAM.

— to fatten lean persons:
Crab Apple, HORNBEAM

TORMENTS, everyone with his complaints:
Cerato, CHICORY, Heather

TORMENTED:

— by hidden worries:
Agrimony.

— by persistent thoughts:
White chestnut

— by fear:
Aspen, Mimulus, Rock Rose.

— by anguish:
Cherry plum, SWEET CHESTNUT

— by thoughts of jealousy:
Holly

— be fear of loosing self-control:
Cherry plum.

TOUCH:
things impelled to:
White chestnut

TOUCHED:
aversion to being :
Impatiens

TRAVEL:
desire to:
Impatiens, Scleranthus

TRAVELLERS:
specific for (to prevent and cure complaint arising from change of water, change of weather, food, etc.)
Walnut

TRAVELLING sickness:
Olive, Walnut

TRAVELS:
medicines to be taken during strenous travel with heavy luggage:
Olive.

TRIFLES
seem important:
Crab Apple

TWITCHING of parts:
White chestnut.

UNCERTAIN:
Scleranthus

— about the profession he has to do:
Cerato, WILD OAT.

UNCERTAINTY
Scleranthus

— through self-distrust

— through lack of faith

— through lack of hope

— through, lack of strength

— of ambitions.

UNCOMPLAINING
— through resignation:
Wild Rose

— through disinterest:
Clematis

— courage:
Agrimony

UNCONSCIOUSNESS:
Scleranthus, Rescue remedy.

— accident, after an:
Star of Bethlehem, Rescue Remedy.

— answers correctly when spoken to, but delirium

and unconsciousness re-
turn at once:
Scleranthus
— rising up, on:
Olive
— trance, as in a :
Scleranthus
— transient:
Scleranthus
UNDERTAKES, lacks will-
power to undertake any-
thing:
Larch
— many things, perseveres in
nothing:
Cerato, Scleranthus, Wild
oat
— nothing, lest he fail:
Hornbeam, Larch.
— things opposed to his in-
tentions:
Cerato, Wild oat
UNFORTUNATE, feels:
Larch.
— Unfriendly humor:
Cherry plum, Vine.
UNHAPPY:
Clematis, Holly, Honey-
suckle, Olive, Pine, Star of
Bethlehem Water violet,
Wild rose, Willow.
UNKNOWN CAUSES:
— of depression:
Mustard
— fear:
Aspen
UNOBSERVING:
Chestnutbud.

UNREAD, everything seems:
Scleranthus
UNRELIABLE:
— uncertainty because of:
Scleranthus
— self-distrust:
Cerato
— because easily influenced:
Centaury.
UNREQUIETED affections:
Agrimony, Cherry plum
UNSYMPATHETIC:
Chicory, Wild rose, Vine.
UNUSUAL:
modalities and concomi-
tant, complaint with:
Scleranthus
UNWORTHY, objects seem:
Wild rose
URINE, urging, frequent:
White chestnut
— ineffectual:
Scleranthus
URINARY, infection, actue:
Carb Apple,
SCLERANTHUS
VACILLATION:
Scleranthus
VALUE IN EMERGENCY
people of :
Vine, Water violet.
VENERATION:
CERATO
for a particular person in
the field:
Cerato
VERSES, makes:
White chestnut

— after falling asleep:
White chestnut
VERTIGO:
Scleranthus
VEXATION :
Cherry Plum, Holly, Wil-
low, Pine
VINDICTIVE:
Vine
**VIOLENT, vehement, inhu-
man**:
Cherry Plum, Vine
— impulse to violent things:
Cherry Plum, Vine
— pain, from :
Cherry Plum
VITALITY
— sapped by others:
Agrimony, Centaury,
Clematis, Mimulus
— saps others :
Cerato, Chicory, Heather,
Holly, Honeysuckle, Ver-
vain, Vine
VIVACIOUS :
Oak, Vervain
VIVID thoughts, dreams,
White Chestnut
VOICE, difficult or lost:
Horn Beam
— Voice, failing on exertion
or while attempting to sing
at high pitch:
White chestnut, Hornbeam
WAILING:
White chestnut, Heather,
Honeysuckel

WANDER
desires to:
Impatiens, Scleranthus
WANTS:
something he knows not
what:
Scleranthus.
WARMTH, agg.:
Olive.
WASHING,
always her hands:
Crab Apple, White chest-
nut.
WEAKNESS:
Centaury, Olive, Hornbeam
— exhausted easily:
Olive
— dreads work:
Hornbeam
— from overwork, overstrain,
night watching:
Olive
— will, of:
Centaury
— doubt of strength:
Hornbeam.
WEARISOME:
Olive
WEARY OF LIFE:
Willow, WILDROSE
WEARINESS:
Centaury, Hornbeam, Ol-
ive, Wild Rose.
WEAK-WILLED:
Centaury
WEEPS EASILY:
Chicory, Heather

WEEPING:

- Cherry plum
- Uncontrollable:
 - Cherry Plum
- cannot weep at death of dear ones:
 - Agrimony.
- weeping because he is not given what he asks for:
 - Chicory
- causeless:
 - Cherry plum
- without knowing why:
 - Cherry plum
- Involuntary:
 - Cherry plum
- pain from:
 - Cherry plum
- child is quiet only when being carried:
 - Chicory
- mortification, after:
 - Cherry plum, HONEY-SUCKLE
- about a fancied misfortune:
 - Honeysuckle
- sad thoughts, at:
 - Honey suckle.

WEIGHT:

sensation of in inner parts:

Crab Apple.

WEIGHT-LIFTERS,

medicine for:

Olive, Cherry plum.

WHISTLING :

White chestnut

— in joy:

Vervain

WHOOPING COUGH:

White chestnut

WICKED

disposition:

Holly, VINE

WILD feeling in head:

Cherry plum, Scleranthus

WILDNESS:

Cherry plum, Vine.

WILL

— contradiction of:

Cerato, SCLERANTHUS

— has not control over his :

Cherry plum

— he feels as if he had two wills:

Scleranthus

— strong:

Beech, Chicory, Rock water, Vervain, Vine.

— weak-willed:

Centaury, Cerato

— weak on occasion:

Agrimony, Walnut.

WISDOM teeth, ailments from eruption of:

Walnut, Scleranthus

WOMEN, aversion to:

Willow

— religious:

Pine

— desire the company of (in men):

Chicory

WORK, aversion to mental:

Willow

— mania to work:

Impatiens, Pine

WORM, sensation:

Crab Apple

WORRIES:

White chestnut

WORRY:

— over other people's troubles:

Red Chestnut

— over own troubles:

Heather

— hidden:

Agrimony

— fussily:

Chicory

— by thoughts:

White chestnut

— welfare of others:

Vervain

WOUNDS

— chronic effects of:

Star of Bethlehem

— punctured:

Crab Apple, Cherry plum

— crushed finger-tips:

Cherry plum.

WRITING.

difficulty in expressing ideas when:

Scleranthus, White chestnut

WRONG

everything seems:

Beech, Vine.

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