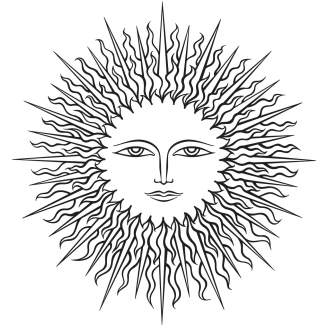


SCHOOL OF HOMEOPATHY



Proving: Slate (North Wales Slate)

Date: October 1996

By Misha Norland, Andy Brachi, Jenny Hill & The School of Homeopathy



Proving of North Wales Slate

By Misha Norland, Andy Brachi, Jenny Hill & The School of Homeopathy

The remedy prepared from a sample of best quality slate from a working quarry in Blaenau Ffestiniog, Gwynedd, North Wales. The sample was "squared off" using a diamond toothed saw.

Acknowledgments

The provers both in Czechoslovakia and North Wales

The Welsh Slate Museum for the sample and copies of various historical documents

TG13 for three years of exploration and companionship participated willingly and accidentally.

Welsh Landscape

by R.S. Thomas

To live in Wales is to be conscious
At dusk of spilled blood
That went to the making of the wild sky,
Dyeing the immaculate rivers In all their courses.
It is to be aware,
Above the noisy tractor
And hum of the machine
Of strife in the strung woods,
Vibrant with sped arrows.
You cannot live in the present,
At least not in Wales.
There is a language for instance,
The soft consonants
Strange for the ear.
There are the cries in the dark at night
As owls answer the moon,
And thick ambush of shadows,
Hushed at the fields' corners
There is no present in Wales,
And no future;
There is only past,
Brittle with relics,
Wind-bitten towers and castles
With sham ghosts;
Mouldering quarries and mines;
And an impotent people,
Sick with inbreeding,
Worrying the carcass of an old song.

Introduction

The following text details two "dream" provings with Welsh slate. The sample, considered to of the best quality, came from a working quarry near Blaenau Ffestiniog in Gwynedd, North Wales. It was selected by Mr. Owen Glyn Roberts of the Welsh Slate Museum, Llanberis. The sample was "squared off" using a diamond-toothed saw before being made into the actual remedy by Helios Pharmacy.

Two provings were carried out independently of each other, although using the same source of slate. The first was in Czechoslovakia (31/7/96): a large group of people participated during a case conference. The second was in North Wales (17/8/96); a much smaller group of people was involved.

Not all symptoms have been included in an attempt to cut down on the volume of text.

The idea for the original proving came from the observation that powdered slate is used to treat New Forest's disease in sheep by farmers in North Wales. This is an (infection?) of the eyes that results in blindness.

This text prepared by Andy Brachi and Jenny Hill

Formation, Physical Properties and Uses of Slate
Slate: from the French 'esclater', to split.

Slate is found all over the world, but the best geological conditions for its formation were in Britain. All British slate falls under the Palaeozoic Era: Scottish is the oldest, being pre-Cambrian (>500my's), while in North Wales the Penrhyn and Ffestiniog deposits are in the Cambrian and Ordovician periods respectively. The sample for the proving came from the latter.

Formation usually starts as a deposit of fine sediments of clay minerals, flaky in character, forming a mudstone. Under pressure, the minerals align themselves in the direction that the rock lies in relation to the horizontal (this is the bedding plane); the mudstone has now become shale. Further pressure and heat transforms the clay particles into new minerals such as micas and feldspars; these new minerals reform perpendicularly to the bedding plane and is known as the plane of cleavage: the resulting rock is slate.

Industrial extraction of the slate is achieved by using this natural weakness. The angle of the cleavage also dictates the method of extraction (open, pit, or mine). In the late 1700's black powder was introduced into the extraction process; it's slow-burning quality was favoured as it was less likely to shatter the stone - instead, it would be dislodged along the line of least resistance. The aim was always to break away as large a block as possible from the quarry face as this provided greater flexibility in breakdown - in the Shire booklet is a picture of a 2000 t block. Breakdown of such massive pieces of slate has gradually become mechanised over the years, although most of the final splitting into tiles is done by hand.

The widest and most well-known use of slate is for roofing, although by 1990 it accounted for only 5% of roofing material in Britain. Until the end of the 1700's slate tiles could be any size or shape; it was General Warburton of Penrhyn Quarry who introduced standardisation: in his scheme different sizes of tile were named after female aristocratic titles - eg the 'queen' (the largest - 30" in length); and the 'countess' (see the poem appendix 1). By contrast Cumbrian slate, being coarser, was less easy to fashion, and tiles were sold by weight in batches of random size.

When the slate's cleavage is not very pronounced, thick slabs can be produced which have a great variety of uses such as gravestones, snooker tables, mortuary slabs, and to keep food cool in kitchens. Pulverising the slate gives rise to a dust (fullerite) that can be transported by tanker. This is used to strengthen felt roofing and submarine cables, as an ingredient in reconstituted roofing tiles as well as a base by the cosmetics industry.

Locally to North Wales, slate chips are used as a base for paths and lawns (for example it has been used to provide a base for a local bowling green). Another use is in the treatment of a disease in sheep called New Forest's disease, in which the eye is affected - it results in blindness. A peculiar use given in the Shire booklet is as a remedy for an "inward bruise" sustained by someone after a riding accident.

A History of Slate with a particular emphasis on the Quarrying and Mining of Slate in North Wales
Slate mining in North Wales began with the opening of the Cae Braich y Cafn quarry, later to become the great Penrhyn Quarry near Bethesda in the Ogwen Valley in 1782; prior to this there had been slate-mining activity, but it was mostly for local markets. Nationally, Welsh output was far ahead of other areas and by 1882 92% of Britain's production was from Wales (= 451,000t), half of this from the combined output of the Penrhyn and Dinorwig (at the site of the Welsh Slate Museum) quarries.

It was Baron Penrhyn of County Louth that inherited Penrhyn Estates in 1782 and started to develop the local slate reserves. "These early promoters of the industry were faced with a tremendous challenge because they were taking on workers who were steeped in rural traditions and did not

readily submit to organisation - indeed the men felt they were independent of the management" (Shire) - this attitude was reflected in, for example, working arrangements and payment methods. The men worked the slate in partnerships of four, six or eight and these were known as 'Bargain Gangs'. 'Bargains' were let by the 'Bargain Letter' when a price for a certain area of rock was agreed. Adjustments were made according to the quality of the slate and the proportion of 'bad' rock. The first Monday of every month was 'Bargain Letting Day' when these agreements were made between men and management. Half the partners worked the quarry face and the others were in the dressing sheds producing the finished slates. Slate splitting is an art and it took many years to acquire the necessary skills. Those who did not manage to remained as labourers or 'rubblers' for the rest of their working days. Rubblers helped to keep the galleries free from waste (one ton of saleable slate produced 30 tons of waste) and it is the mountainous heaps of this very same waste that is perhaps the first thing to strike someone visiting the old quarries nowadays. The men had to pay for their ropes and chains, for tools and for services such as sharpening and repairing. Subs (advances) were paid every week, everything being settled up on the 'Day of the Big Pay'. If conditions had not been good, the men could end up owing the management money. This system was not finally abolished until after the Second World War.

Work in the quarries was dangerous. A Government inquiry found that the underground workers in Penrhyn Quarry had a death rate of 3.23 per 1000, a rate higher than coal mining. Accidents were frequent. Fractures, contusions and ruptures of varying causes and degrees of severity were regular occurrences.... slate is very slippery when wet, and when combined with the leather sole of the men's footwear the results were frequently lethal. Apart from the explosive 'winning' of the slate, danger also lurked in other areas of its production. Cuts were common in the splitting sheds and on the floor of the galleries. Slate splits to a very fine edge and would cut deeply if a slab slipped while being loaded. More insidious were the needle-like splinters lying about all over the working sites. Septicaemia was common and usually proved fatal.

On top of the physical dangers of the quarries other health problems were present. The slate was quarried throughout the year in an area not renowned (pre-global warming!) for its sunshine. The climate, unsuitable and overcrowded housing, inadequate diet together with the hazards of work, all combined to ensure the state of health of both the quarrymen and their families was poor. Tuberculosis was common among the people and the men often suffered from silicosis. A link between the inhalation of slate dust and silicosis was suspected in the late 1800's but no conclusions could be made. A report, in November 1893 by Dr Mills Roberts, surgeon at Dinorwig Hospital, to the Dinorwig quarry manager W.W.Vivian, concluded that a visit to Caernarfon to investigate the matter "was not of much service". A comparison of respiratory diseases among the local peoples showed "women being 449, males not quarrymen 395 and 506 for quarrymen". Dr. Roberts decided that the matter was best left alone.

Thus health in general was always an important issue and the quarry owners went to considerable lengths to take care of their finite work force: health-care facilities, especially the provision of hospitals was an important feature of the industry from the 1840's onwards. Dinorwig was one such quarry to have its own fully equipped hospital; it is now a museum and can still be seen perched on the hillside. During its operation the hospital was extremely busy, with a constant stream of patients passing through its four wards. In addition to the wards, the hospital had its own operating theatre, a post-mortem room, mortuary and chapel. Dr. Mills Roberts' skill as a surgeon was well known and he paid great attention to the health and comfort of his patients. One example of his and a local blacksmith's efforts is given: "there was a serious accident at the quarry and a man from Bethel called Edward Jones was in it. Both his arms had to be amputated, one at the shoulder and the other at the

wrist. Thomas Hughes (the blacksmith), with the co-operation of Dr. Roberts made a contraption by which the man could hold a spoon and knife to eat with and could take his hat off when going to chapel. It was a great boon to the unfortunate man. Thomas Hughes made a clever job of it" (GCC).

The ability to show respect, 'parch', to the chapel minister was very important to the communities; they were a very devout people with life revolving around religious practice. All may not, however, have been completely puritan. Of interest are comments made by an elderly doctor who visited the Dinorwig hospital museum. She informed staff that the implements exhibited as being for the detection of kidney stones were in fact used to open the urethra in males suffering from gonorrhoea. She also mentioned it was rife in these small closed communities at that time. A recent article on slate in the climbing magazine "On the Edge" may shed some light on this: "Workers would trek 30 or 40 miles for a six day shift, working in total squalor and with absolutely no rights, for pennies. Pennies which the quarry owners would take back in payment for lost tools, medical aid and through the camps full of ale houses and prostitutes which were conveniently located between pay day and home".

Despite, or perhaps because, of the difficult conditions, the men were an enterprising group with a strong inclination towards self-help. Friendly societies and benefit clubs were set up to encourage saving and to protect their families against times of sickness; the University of Wales at Bangor owes its existence to the quarrymen of the Ogwen Valley. In the quarries themselves, the men "developed their own institution called the Caban. Within it the men elected their own chairman, treasurer and policeman. The Caban had strict rules of behaviour and the policeman could impose fines for offences such as swearing and smoking at the wrong times" (Shire). Formal debates on current affairs or cultural activities such as singing would also take place in the Caban.

In 1874 the North Wales Quarrymen's Union was established, lasting until 1922. Bitter clashes occurred between management and the Union. "The longest and most bitter dispute was the 'Penrhyn lockout' (1900-1903) - this became a landmark in British labour history. It was from this background that radical politicians began to emerge, such as David Lloyd George".

(sources: Shire album 268 "The Slate Industry" and Gwynedd County Council)

Slate in North Wales Today

The mine from which the slate was taken for the proving remains a working mine. Dinorwig quarry has long since closed. The surrounding woodland and spoil heaps are now tame and accessible to visitors... the old industry replaced by the new... Dinorwig quarry is now Padarn Country Park.

To wander around its walks and pathways is to see, smell, and feel the now gentle echo of the Dinorwig Quarries, as Nature slowly reclaims what is left of this once great industry. It is difficult to feel sad... about the mining that produced such scars in the landscape or the forces presently employed in this process of reclamation; as those around me argue about preservation and heritage, tourism, carrying capacities and charges, to me it is the very act of change that feels right... part of the continuum of life - organic, fluid and vibrant. Trying to stop this change, to preserve it, will mark an end, and the echo of a vibrant landscape will become its final breath... something very much part of the Welsh consciousness.

The Sizes of Slates

With reference to the uses section on tile size: an extract from Ward Lock's tourist guide to North Wales (date?? page 186) is given:

"In former times the different sizes of slates were know as 'duchess,' countesses,' 'ladies,' 'empresses,' 'queens,' and 'princesses.'

These high sounding names were bestowed by General Warburton about the year 1765 and were embodied by an old Welsh judge, named Leycester, in the following humorous lines, forming part of an account of a visit to the quarries:

It has truly been said, as we all must deplore, That Grenville and Pitt have made peers by the score,
But now,'tis asserted, unless I have blundered, There's a man that makes peeresses here by the hundred. He regards neither Portland, nor Brenvill, nor Pitt, But creates them at once without patent or writ; By the stroke of a hammer, without the King's aid A lady, a countess, or duchess is made. Yet high is the station from which they are sent, And all their great titles are got by descent; And wher're they're seen, in a palace or shop, Their rank they preserve, and are still at the top. Yet no merit they claim for their birth or connection, But derive their chief worth from their native complexion, And all the best judges prefer, it is said, A countess in blue to a duchess in red. This countess or lady though crowds may be present, Submits to be dressed by the hands of a peasant, And you'll see, when her grace is but once in his clutches, With how little respect he will handle a duchess. Close united they seem, and yet all who have tried'em Soon discover how easy it is to divide'em. No spirit have they - they're as thin as a rat; The countess wants life and the duchess is flat; No passion or warmth to the countess is known, And her grace is as cold and as hard as a stone; Yet I fear you will find, if you watch them a little, That the countess is fail, and the duchess is brittle. Too high for a trade, yet without any joke, Though they never are bankrupts, they often are broke, And though not a soul ever pilfers or cozens, They're daily shipped off and transported by dozens.

Themes of the Proving

The list of themes given below were gathered from all the proving symptoms. It is not intended to exhaustive, rather it should be seen as an initial review.

Unity, wholeness: 1(?),32,41,58(?)

The skin: 43,45,46 & skin symptoms

Balance; harmony: 38,49,73

Things in two's: 1,6,7,11,20,21,24,25,33,35,38,40,58 and splitting apart, dividing: 15,25,26,33

Empathy and protection from danger (especially children?): 5,9,30,32,75,83

Open lovely landscapes: 1,27,30

Enclosed places; small rooms; darkness and underground: 8,21,27,28,29,33,44,48

Colour; cloth; dresses: 10,20,22,31 also yellow dust/fog/haze: 8

Regulations, punishment: 11,29,37,38(?) and being forced against one's will: 21,28

Conflict; harmony turning to conflict: 12,13,40

Violence, danger: 47,48,59,60,61

Dirt; waste (inside - squalor): 4,8,16,44; (outside)47; also poverty: 5

Injury; hospitalisation; hospitals: 17,33,43,52

Skiing: 15,17,53

Materia Medica

Dreams

Czechoslovakian dreams

1/ About 2 little creatures who were holding each other while walking through a landscape full of flowers (c1f)

2/ I was wading through water and mud to reach a patient who was being put in an ambulance. I took off my shoes in case I might damage them. (c1f)

3/ I forgot about puppies in the fridge - they nearly froze. Crying about them in the dream. (c1f)

4/ About dirt and waste, I was taking it outside, then going through and sorting it out, it was unpleasant. (c3f)

5/ A poor woman in old worn-out black trousers. I wanted to give her my old trousers but I cannot find her. A red topper, in it half torn bills, the tracing ones (black from the back side), old but not used, with torn off upper corners, therefore it cannot be used. (c4f supervisor) (English unclear)

6/ Half asleep: I saw two tiny figures (15cm) in red dresses and toppers next to the topper with the bills - probably kobolds. (c4f supervisor) (English unclear)

7/ I went through old jugs and I was thinking which to choose to finish the furnishing of my flat. I wanted to take a photograph of the rain behind the window which created an interesting pattern, there was not much light. I waited for lightning outside, I pressed the release, but the view was blocked by my husband's mother (now dead). She told me that she had spoiled my picture. Then I went into the yard to a wooden toilet, there were two toilets, next to them were dustbins. On the doorknob of one of the toilets there was fastened a yellow bicycle. I was angry and wanted to move it away. (c4f supervisor)

8/ The applications I had written nobody mailed. They were lying around in disorder on the table for a few days. In the house where I lived there was a huge mess in the corridor - thick layer of dirt and yellow dust. I asked the housekeeper to ask the tenants to clean up in front of their flats. He said it first to an old unpleasant woman. She said "I will take revenge on you all". I felt it a wrong-doing to me. The woman entered the door but there was not a flat behind it, only a steep and long staircase, leading down. In the lit air there was floating a lot of dust above the staircase, as if fog, but yellowish. (c4f supervisor)

9/ I was sitting in the corridor on the floor and protecting a poorly dressed infant with my coat against a blizzard. The child huddled to me and said that it was nice and warm there with me. (c4f supervisor)

10/ I got a big bunch of white flowers with red streaks inside the cups from my husband. Then some material for a suit, cut and lightly sewed together, light yellow (cream) colour with little red and pink flowers. Then white handkerchiefs with a red embroidery. (c4f supervisor)

11/ Whenever I had a bad thought about God my knickers dropped down to my knees (among other people). I forbade myself to think bad thoughts about him, but I did it again twice with the same result. (c4f supervisor)

12/ I was with my family at a newly bought cottage, feeling calm, being at ease, sunny. Then it turned out that we owned the cottage with some people we didn't know; a wax man without teeth appeared. Then conflicts and arguments began because of a wrongly parked car and a borrowed lawn

mower. Pleasant, calm atmosphere changed into tension, arguments. (c5m)

13/ With a schoolmate that I haven't met for about 20 years; we were getting ready for a trip. I was looking forward to it - we were planning things. Suddenly a child came to us who turned out to be his illegitimate child and wanted to be looked after by him. My schoolmate took the child and put it in the bus but where the child's mother was sitting (also a schoolmate); she wanted to go somewhere. He gave her the child because he didn't have time to look after it. She didn't contradict, but it turned out that his wife was on the bus as well. Again, scenes changed to arguments and blaming each other, a quick shift from calm and ease to arguments. (c5m)

14/ Sitting at an English lesson - a native speaker teaching. I understood half of what he was saying. Atmosphere calm and pleasant. (c5m)

15/ I was riding a bike. I remember that I was watching the rear wheel of somebody in front of me, we were going quickly, as if we were racing. Then suddenly the road split, several people in front didn't cope with it, some of them fell. I finished the race on my skis. At the end we were going with one of my colleagues with whom I used to go cross-country skiing. (c5m)

16/ We were going on the staircase, which was held by a wide pipe through which waste was falling down. Then I woke up and thought: waste, dirt, hyoscaymus, I will remember that. (c6f)

17/ Pleasant despite seemingly unpleasant episodes. Skiing when my ski tore out a piece of vein from my shoulder. My colleague sewed in a new piece. It was connected above the skin and I was moving around with it without any pain or feeling of injury. A patient went for a breast ablation to another town, the following morning at home it fell apart. I was examining the wound - a very realistic view, but no feeling of disgust, only feeling sorry. I wanted to arrange surgery in a town in southern Bohemia, but finally we agreed that it would be better to do it in our hospital. (c6f)

18/ At an office with my sister - practising. There was a daughter of another nurse Lenka, who is about 8 years old. We were looking after her - she was wild. We were handing out contraceptive pills. Woke up when Lenka was getting more and more naughty - she was running about the rooms. (c6f)

19/ Going by car with a friend - he driving, I in back. Car stops and he turns and wants to kiss me. The moment he does he becomes totally paralysed, faints and from the front seat he slops out through the open door. As his head is sliding down the seat, his face, especially the lips, are changing, protruding forward. I was sitting at the back and was not emotionally touched either by the kiss or by the whole scene, it was as if I was just observing everything from a distance. (c7f)

20/ I am in a shop where there are three dresses displayed, their colours are light blue, light orange and white. I tried the white one on. I was surprised that she gave me this colour when I had light orange shoes. The dress consisted of two parts. When I put it on, it started to shrink and I had it on me like a dancer from the Pacific - a short skirt and a top just under the breasts. In the morning I told the dream to my friends - I didn't open my eyes so that I would keep the image in my mind. When I opened them I was taken aback: one of the friends in front of me was wearing a light orange blouse made of lace, exactly the same colour and material as in the dream. She wore light blue trousers and white shoes. (c7f)

21/ I am walking around the room which looks like one in an old cottage - two little rooms and a door opposite the windows. I go from the windows to the door and back - it is quite dark there, so that I

don't see the furniture well. On the window sill there is some kind of paper which I am supposed to sign - then I will be married. But I don't know whether I should sign it. Inside I know that I shouldn't, but it is already agreed. Feeling of being forced. (c7f)

22/ In the middle of the night on a journey to Brno. I don't know if I am going to have a place to sleep but I don't mind. Suddenly I find myself at a famous painter's who doesn't live at Brno. She is decorating a ceiling in a nice white colour, under the white a blue pattern shows through. It is very nice, ornaments, plastic pattern; the view of the ceiling is beautiful. (c8f)

23/ I have a task to choose a present for the fighter against fascists. In the shop a shop-assistant is showing a net to me, but the net gets on his head and for a while he is hanging like a hangman. But he gets out of it. Then I am choosing a dark blue case, velvet inside, probably there are some medals inside. (c8f)

24/ I am coming from work. A doctor appears that I know. She is 52 and in her 6th month of pregnancy, she has two adult sons already. They have conceived a child in their old age for pleasure, it suits her. There is a mess at work. I go outside: there is nice white snow. (C8f)

25/ I am on a sandy beach, there are two huge cake corpses of 1,5 m in diameter and a huge bowl with yellow cream. I divided the cream into two parts with a big 1 metre long knife. I meant to make the other part of the cream brown and then put the two cake corpses together. (C9f)

26/ About dolphins, lying in a shop on the counter. Even though I have been vegetarian a long time, I wanted to buy a dolphin to eat, without any guilt. I took a big knife and started to slice it crosswise. (c10f)

27/ We are going with my 12 yr old son by underground, one carriage is armoured and the train goes smoothly out into the open landscape where everything is fresh, everything is growing and blooming. There is another train coming towards us, it seems that the trains are going to crash, I want to jump out with my son, but at the last moment the trains avoid each other and I wake up with relief. (c11f)

28/ I am expecting the arrival of my 7 year old son. The room I am waiting in is small, dark (as if an old-fashioned inn). From various corners I can hear giggling, which I don't understand. When I ask about it I get a mocking answer "look forward to it, you'll see....". My son enters the room. It is a shock: he is the same size, but he has a body of a builder or a miner - black, all muscles. He is looking at me with big eyes and I feel aversion, love, guilt. Feeling: the situation forces me to allow a small child to work. (c12f)

29/ A group of people is standing on the staircase leading down a deep black cellar. They agree that it is necessary to tell one person that he is doing something bad, leading a bad life. The stairs end with around iron gate which is rimmed by a white strip (as in a barracks). The man is coming, other people disappear and I stay alone. I know that I have to tell it to him. I find myself on a slide, leading downwards. It's big, shiny, wooden, I am sliding very quickly, whooping like a child. I jump right in front of him and tell it to him. I turn my back at the slide, it seems dangerous. (c12f)

30/ While I am looking for my youngest son I can see a strange small child walking in the middle of the road full of traffic. Danger. A stranger saves the child. The parents of the child are coming, they are drunk. The stranger has a white plastic bag and in it very big and thick cigarette ashes and remains

of black rollers. I am scolding the parents because of the child. They answer that their hands are full. I tell them "hands full of such rubbish, couldn't you throw it away!?" and he pointed to the edge of the road where there are meadow flowers, heath and about 5 pieces of various minerals - black, shiny, beautiful. A bit like coal and gold. (c12f)

31/ I am a member of a theatre group, a newcomer. We are going to play to a different town. I am wearing peculiar lacquer-green dress (stiff - probably starched). It is heavy like a stone. I don't know what I am going to play. I have chosen a small role of a waitress who is reading a menu from a "green tree" (in Czech the word menu means leaf). I have stage fright, even though I know that if they forget about me or leave me out nothing happens. (c12f)

32/ Meeting with Ondra's father (I am divorced, Ondra is my son from the first marriage) and his wife. They tell me that Ondra is 16 this year and he is coming to the Czech Republic for a holiday. I don't understand it. We are sitting around the fire, everybody has been sleeping already. I am putting a pile of stones into a column - they fit beautifully into each other. It is snowing and gradually the snow covers everything up. All wake up. I have noticed that Petr's (Ondra's father) wife looks like his mother. I can see her varicose veins. We are leaving. I go first through the snow, Petr with his wife follow me. They walk into black mud, they want to go straight ahead, don't want to obey me when I say they have to avoid it. They do not listen to me and disappear in the mud. We try to save them. We feel sorry for them. (c12f)

33/ I was thinking about the dream all day. I suffered a lot, anguish, as if I should split up, crack. I was in the hospital: my family and a lot of doctors were there. It lasted a long time - I was awake, but not able to do anything. All the time I was experiencing a terrible pain - torment. Towards morning all the people left to agree on what to do with me. I was totally alone in the dark of some room which looked like a grotto (den). Suddenly it started to twitch in my right leg, in the knee. Two holes appeared and from these tapeworms (in appearance) started to crawl out. They were plastic - I felt extreme relief. One was white and the other black. From each hole about 5 articulations were sticking out. Then the doctors came back with the family. They detested the tapeworms. I was calming them down saying everything was all right, that they only had to be pulled out. (c12f)

34/ I was passing a table: there was a piece of paper on it with the name of the remedy on it. I was curious but at the same time didn't want to look - then I saw the name - Albumin. (c13f)

35/ I was in the house. Next to me there were two little boys sitting holding hands - I know the boys. One was saying that he liked fat meat, the other that he didn't. They started to cry because for some reason they had to come to an agreement about it. I felt under terrible pressure from them, so that I couldn't stand it any more. I pushed away their hands and they ran away. I said they had to come to an agreement without me. I ran away to the garden where I was looking for an armchair where I would sit and relax. (c35f)

Welsh dreams

36/ Dream of a large flat square scale rather like a vet's scales only smaller with a message in blue neon light travelling from right to left across the front edge of scale: reading check your weight before stepping on. Woke with feeling of heat in my feet and shivering over most of my body. Then felt again I was lying at an angle, this time with my feet raised and head lower - I was awake - lasted about 5 mins. Everything felt a bit upside down - out of balance - ie turned around. It's as if the balance is wrong, all to do with balance. (w1f)

37/ About children - almost teenagers - a large group waiting - getting restless, out of hand. They decided they wanted to go outside - I say you can't, we won't know where you are. However then hit on the idea of putting out cushions for them to sit on and then they all settled down; before this they were getting out of hand, hyperactive. To me it all seemed to be about boundaries, you have to put up a boundary otherwise people won't know - ie regulation will result in safety. They needed to know how far they could go; putting down the cushions meant they could calm down. (w1f)

38/ All of a sudden a voice said "if you take two words away it's out of balance and you have to put two back. This seems to be the theme of whole proving for me: it's all to do with balance. (w1f)

39/ Felt as though I dreamed all night. Nothing spectacular but many people from my past appeared in the dreams - especially from past working life. The themes were jumbled (w2f)

40/ In a second seemingly very long dream. Again peopled with individuals from my past. A school friend who I have not seen for 2 decades was my "friend" in the dream and my first husband's step brother (not seen for 15 years) was her mother in the dream. My friend and I were sharing books and information and staying at a large mansion belonging to her "mother". We were getting on well to begin with but my relationship with her "mother" began to deteriorate. The house began to fill with other people and there seemed to be a sort of house part in progress. There were also builders working on it supervised by my friend Mark (presently working on my house in reality). The last scene in the dream was of me packing all my things and preparing for a hasty departure as I could not bare the relationship with my friends "mother" anymore. It was an emotional and difficult scene but I was adamant that I must leave as the situation was untenable. (w2f)

41/ Deep sleep, several dreams. One in particular involved a strange "sculpture"/object. It was like a 3-D oblong matrix which pulled apart and then could be fitted together perfectly to make a seamless grey metallic structure of great beauty and symmetry. The nature of this thing is so far out of my usual experience that I have not adequate words to describe it - especially the 3-D aspect of it - it was almost "Escher-like" in its impossibility. I have the impression that the structure had been made for me but the reasons why were not revealed. (w2f)

42/ A second dream again involved figures from my past - university life, old neighbours etc. It was rather like a series of tableaux, not having any coherent theme, but bringing in these figures in various contexts and situations (ie driving in a car, in a lounge, in someone's house etc). (w2f)

43/ Very heavy dream! Involved me leaving a "meeting" with people I knew and coming out into the road where I saw a "chrysalis" type structure (but round rather than the usual shape) upon the ground. As I watched it, it turned into a flat golden fish and then back into a chrysalis. I picked it up in my left hand and as I held it, it began to change again only this time into a snake. The snake bit the centre of my left palm and it was very painful. After the biting some period of time must have passed and when I looked down at my naked body I was covered with a rash of tiny silver blisters in an amazingly beautiful pattern. However I began to feel ill and my partner took me to some institution (hospital, surgery?). I pointed out to the man some of the blisters on the back of my left arm - they had become very large and full of pus. As he looked at them, some burst and the fluid in them touched him. The last scene in the dream before the clock went off was of Toby and I in this institutional room and as he turned away from me I could see that down his back was a drift and patterning of tiny silver blisters. (w2f)

44/ Dream about inheriting a house that had belonged to an old man. Inside the house was very dirty

and dilapidated. There were 20-30 milk bottles (empty) standing around with other detritus upon the cluttered tables and what seemed like work benches. The place was very dark and the window small. It was not a very nice place but somehow I felt at home there - or at least comfortable being there. Did not wake with any other specific details. (w2f)

45/ Mixed dreams - no major themes, some family in dream but also quite a few strangers. One dream about skin reactions to essential oils (w2f)

46/ Lots of dreams, but fragmented. One in particular remembered. I consulted someone about my itchy skin and was told to take *urtica urens*! The words "*urtica urens*" were repeated over and over again for a period of time. (w2F) (NB prover is a herbalist)

47/ At a swimming party on the Menai Straits, but there were cliffs there; the tide was strong, going out. There were lots of people there swimming. My mother was there, and she pointed out that the water was filthy (bits of shit on surface). I dived in to water. People started shouting and there was a sense of danger. I was being dragged towards something by the current (?) at great speed. But then managed to disentangle myself and swim on. I was quite unconcerned! (w4f)

48/ Lengthy, very involved dream. Involved taking a new car to Bangor from the country with some other people. We wanted to go along a very small country lane. There was new surfacing going on but this was very crude and rough - I kept asking myself "why are we doing this?". We ended up walking the last part - I went on my own for part of the way, along a stream bed. This entered a cave, so I followed it and went underground. I eventually came to another stream running at right angles to mine. This one was much larger and faster than the one I was on and would have been very dangerous to cross - it entered another tunnel on my right and disappeared in the depths of the mountain. I was frightened and had to retreat. (w5m)

49/ Dream concerned unblocking ditches to allow water to flow. A comment was made by someone to me "my family always keeps things on the level". (w5m)

50/ Another was involved in a javelin throwing competition - everyone had three goes - I won my event. The odd thing about the javelin area was that it was crooked. (w5m)

51/ Vague, but along the lines of a car race up-hill! Lots of people helping the race competitors (w6m)

52/ Vague, but to do with a medical room. (w6m)

53/ Skiing: lots of snow and very pleasant. (w6m)

54/ Another pleasant dream: on holiday with the family - lots of fun, laughter and sun. (w6m)

55/ Being taught to paint on glass - a good laugh. (w6m)

56/ Another nice dream: all to do with conservation and renovation of an old building. (w6m)

57/ Dreamt of a lot of people. Kept seeing a guy with long hair - about 40; I knew him as a child. In the dream I could see him as a younger person. But when I awoke this person didn't exist - ie the person didn't exist in real life, not someone she knew. I remember saying to someone "do you recognise him?". Summary: dream is of a face from the past but that that person does not exist. (w7f)

58/ With relations, including Cyril (= father in law). Cyril was as he is now, but there was also another Cyril. I was saying to someone "how can there be two Cyrils?" Then someone said "if you look closely you will see they are the same" (even though apparently different). (w7f)

59/ I was inside the booth you pay at in a garage. 3 men were trying to get inside to hurt me - there were also other people in the booth. We were pushing against the door to keep them out - they were pushing to get in. I had to use my penknife to try and keep them away; gingerly stabbing them; we managed to lock the door. They tried the windows and then seemed to go away. We slept for a bit and then woke - beginning to get light; suddenly they were back and were going to cover the openings / vents etc to cut off the air supply. (w8f)

60/ Violent and fearful dream; my head being cut by something; I tried to get help, a brain scan etc in a hospital - but they didn't seem to be concerned, said I would have to wait - only I was aware of how serious it was. But gradually felt the injury improving, repairing itself. (w8f)

61/ A strange dream - acting in a play; I was locked in a room and someone set fire to it and I couldn't get out. (w9m)

62/ Trying to arrange the layout for a document. Trying to fit a picture on a page with text but the picture won't fit on. Feeling anxious and disappointed when I wake up. (w10f)

63/ Dream of keeping notes on the proving - I have to write neatly and put labels on the notes. My notes are very scruffy. I tear pages out of the notebook but it looks a mess. I look in a bag for a new notebook but although the ones I open look unused they actually contain other people's notes. I don't want to read them as they might be embarrassing. I can't work out why I've got hold of these - was I given them to look after at the end of the session? (w10f)

64/ I'm writing my remedy notes on a creamy deep piled carpet in blue biro. The writing is full of loops. The carpet is by the large window in my mum's sitting room. The writing takes up from one end of the wall to the other. I'm worried about what she'll say if she finds out but carry on writing. (w10f)

65/ In a department store with sister, looking in a glass case of expensive very fine suede shoes. The shoes are very expensive - £160 is written on a ticket. I think to self: why can't she make do with a pair for £20? (w10f)

66/ In an old fashioned train going down a steep hill. The train stops on a bridge going over the valley. Me + 2 others leave the train to go and get help. We use wheel chairs to ride down the hillside on a zigzag path. I have problems ?? a wheel chair the right size but eventually I ?? one and set off. The next part is hazy - we manage to save the train and there is a reunion in a kitchen. (w10f)

Mind

67/ I went to my room, I felt sad, that I don't belong anywhere (os), not even to the nature outside. I feel uprooted, as if from a different world, from a different time (ns). I don't feel like doing anything, nothing is worth it. But I am willing to yield to anything and anybody. Feeling of total resignation and sadness (ns). (c4f)

68/ Sitting at the fire in a good mood, remembered how I tried to start a fire at the age of 12 and

burnt my eye lashes and brows. Nostalgic mood when singing, remembered romantic loves from the age of 15 to 20, when it was not about sex but romanticism, touches, songs, poetry. Tendency to cover the ears. Wanted to say all this to my neighbour, but it seemed to me that I saw an empty seat, despite the fact I realised she was sitting there. (c9f)

69/ When going to the shop: asking people, including K, what they wanted me to buy. Bought ice cream for many people, but forgot biscuits for K. K came late to the lecture; I started to feel very ashamed for my behaviour, strong feelings of guilt. I wanted to explain and apologise. (c9f)

70/ Feeling isolated all day long. Words and questions come at me as violation. (c13f)

71/ A feeling that my body had disappeared - very light - did not want to speak - feeling that I would not be able to. Wanted to get up and help with tea but felt unable to - body too heavy. (w1f)

72/ Feeling I was lying in bed at an angle across the bed (w1f)

73/ When at K's front door - I got the end of the words mixed up - ie transposed from one end to the other. Feel all symptoms - physical, visual and dreams - amount to the same thing - ie everything is out of balance. (w1f)

74/ While driving car, felt very aware that I was gripping the steering wheel hard - body and legs felt very rigid - was aware of the acute angle of my legs to my body (lasted about 20 mins). Gripping the steering wheel too tightly was to do with the "angle of the body". (w1f)

75/ Driving along - saw beer can in middle of road - wanted to pick it up so that the oncoming cars would not run over it and hurt it; also the same feeling about a piece of rope. I felt as if they had feelings - I experience this with birds and animals all the time but never with objects. (w1f)

76/ Sensation of aggressive impatience came in waves - became first response to stimuli. An intolerant mood quite out of character. (w3m)

77/ Body felt as if much taller than usual, along way from the ground. Feeling of towering over people and things (ns). (w4f)

78/ Feeling of oppression; had to go outside and be in the open, gaze at the garden; needed space, felt closed in, restless.

79/ Urge to do violence with a knife (ns). Was washing up, partner was on phone. Picked up the bread knife and in a flash had this urge to cut his throat. Had a vision of doing it and what it would look like. Quite unnerving. (w4f)

80/ (Just on rising, 0800). A prolonged waking up. Just want to sit and stare, no wish to go to work. This makes me think of old age. An indifference to everything, a blank staring into space. Also physically, a sort of numbness, heaviness. No enthusiasm for work, not exactly indolence, more an indifference to it. This persisted throughout day. Wonder perhaps if stillness is not the best word, lack of activity. Not an unpleasant space to be in. (2200) Tired - sitting and couldn't really be bothered to go upstairs and have a shower. (w5m)

81/ Have been talked into going rock climbing tomorrow - something that would never cross my

mind, although it is not happening against my will! (w5m)

82/ Very willing to argue, but when I became angry I said things from an emotional rather than a logical background. (w6m)

83/ Picked up a hitch-hiker - can't believe I did this - first time for everything! (w6m)

84/ Went climbing pm - not happy about it. Felt quite clear about what I was doing but made a lot of uncharacteristic mistakes - eg climbing in the rain, not doing the harness up. Couldn't see why it happened, explain it. (w9m)

Physicals

Head

a/ pain, pressive, vertex: w8f, w10f

Sight & Eyes

a/ "foggy" vision: c2fx2; c11f; c13f(dimmed)

b/ sharper vision: c3f: (close up); c5m.

c/ pain behind eyes as though nettles being dragged along: w9m

d/ stinging pain in eyes: w6m (prover attributes this to dryness - also skin - almost as if dehydrated.

Hearing & Ears

a/distorted

c6f: as if hearing different words to the ones said

c13f: voices in the dining hall merge together into humming, from the humming some voices come out very clearly. The voice of my friend next to me comes from a bigger distance than the voices farther away. The voices sound as if I was closed in a soft space and they were softly filling the space.

Limbs in General

a/ as if the knuckles and back of the left hand would explode: c12f

Skin

a/ Amelioration of existing stitching/stinging pains:

c1f: in legs.

w12m: possible prophylaxis effect for one prover.

w9m: midge bites that have been itching all day stop (immediately after remedy) - this persisted until day 5.

b/ Appearance of new stinging pains: c1f.

c/ Appearance of an itching sensation

c9f: itching on the left thigh, then to right, tendency to scratch for a long time.

c11f: itching eruption (small papulae) right lower abdomen.

w6m: itching left lower calf, quickly became bloodshot - after 1 min another smaller area started higher up calf. Three weeks later more general itching: elbows, thighs, backs of hands feet and back.

w9m: itching all over body (day 6 to 10).

w2f: day 13: skin itching throughout day, esp legs and arms, < night, no obvious cause. persists to day 17 (records stop).

d/ Formication

c6f: On chin and lips (os from 15 yrs); left half of jaw, mouth and left shoulder and shoulder blade (day 3). In left hand (day 4); also from left shoulder blade to arm; more general formication of hands over several days.

c10f (supervisor): formication of half of forehead.

c12f: whole of left side of body formicating - also sensation of contraction.

e/ persistence of old nettle stings: w12m

f/ old bite re-started to sting: w3m

g/ skin becoming bloodshot: w6m

Cured Cases

In order to fully understand this remedy and to make it fully useful in practice it is vital that cured cases are reported and published. If you have any cured cases please let the homoeopathic community know about them.

Copyright The School of Homœopathy 1999

All rights reserved