

- L Cramping, cutting pain in abdomen, must bend double, > passing flatus.
 L Burning pain bladder when not urinating.

RUBRICS STRANGE, RARE & PECULIAR

Mind • *Aversion* to family members. *Fear* of poverty. *Frightened* easily. *Laziness*, aversion to her usual housework. *Vanishing of thoughts*. *Weeping* during menses.

Dreams • *Running*, vainly.

Head • Lancing pain, > lying; < motion; < stooping.

Face • *Clenched* jaw. *Eruptions*, herpes about lips.

Mouth • *Eruptions*, vesicles, painful.

Stomach • *Nausea*, > open air.

Abdomen • Cramping pain umbilical region. Cutting pain < bending double.

Rectum • *Diarrhoea* < lemonade.

Bladder • Burning pain when not urinating. Ineffectual urging to *urinate*.

Female • *Menses*, copious; too early; too frequent; too late. Cramping pain uterus during menses.

Chest • Stitching pain < lying. Stitching pain left side.

Back • Cutting pain lumbar region.

Limbs • *Awkwardness*. *Incoordination*.

Sleep • *Sleeplessness*, bed feels to hard.

Perspiration • *Cold*, night. During *coldness*. Offensive *odour*. *Staining* the linen yellow.

Generals • *Sluggishness* of the body.

FOOD & FLUID

Worse • Lemonade.

CUES & CLUES

Abolishing penetration. Carbohydrate energy. Citrus. Fermentation. Highly mobile. Inhibition of crystallisation. Mould. Rancid oils. Refreshing. Rendering immobile.

CITRUS NOBILIS**SUBSTANCE**

Citrus temple. Syn.: Citrus nobilis. Temple orange. Royal mandarin.
 Family Rutaceae. Order Sapindales.

The various species of the genus Citrus are all believed to be native to the subtropical and tropical regions of Asia and the Malay Archipelago and to have spread from there to other sections of the world. They have been cultivated from remote ages and prototype forms of the most important species are not definitely known. Those of principal commercial importance fall into four, reasonably well-defined horticultural groups: (1) oranges, (2) mandarins, (3) pummelos and grapefruits and (4) the common acid group, which holds citrons, lemons and limes. All consist of sweet and acid varieties.

The first member of the group to become known to European civilisation was the citron, mentioned about 310 BC by Theophrastus. Then came in order of appearance, but possibly centuries apart, the sour orange, the lemon, the lime, the pummelo and the sweet orange. Some evidence has been found purported to indicate that the citron was known in Egypt long before the references to it by Theophrastus. Taken as proof

- M** Feels as if in space of others; talking close to their faces.
- M** Everything as if in slow pace.
- M** Feeling very 'in' body. Feels feet in shoes on floor. Feels clothes on body.
- M** Feels like feet are planted on the ground; as if being pulled down yet anchored and clear and peaceful in ways.
- M** "Woke up late this morning; trying to get myself together was a task. I was just standing in the kitchen unable to decide what to do next. I was literally walking around in circles! I couldn't decide if I should have breakfast, couldn't decide what to have for breakfast, wondered if I should get dressed for work first, should I try to catch the bus or drive in."
- M** Feeling of impending danger.
- M** Not wanting to be watched, feeling very self-conscious.
- M** Sensation as if being in two bodies, one is going on wanting to do what it always does and the other needs to be absolutely still, no movement at all.
- G** Moving legs constantly. Juggling. Bouncing. Beating to drum/drumming. Tapping. Snapping fingers.
- G** Desires sleep to escape.
- S** Head as if lighter and bigger like there is space that keeps increasing; mind keeps filling up the space.
- S** Top lip as if swollen. Mouth feels cottony [but no need to drink].
- S** Lateral arm muscles, top of shoulders and nape of neck muscles very sore; feeling as if having been lifting weights the day before and muscles recuperating from the fatigue.
- L** Vertigo when looking over left shoulder. Vertigo & nausea. Vertigo moving head.
- L** Boring pain left eyeball and through to back of head. Left eye feels large and burns.
- L** Pressure in occiput and on crown. Headache like band around head.
- L** Need to keep focal point near or nausea worse.
- L** Right ear sharp piercing pain, worse for sound.
- L** Nausea < noise, food. Swallowing to keep from throwing up. Nausea > driving.
- L** Tendon and muscle pain in arms, legs, elbows and knees. Preventing sleep.

CUES & CLUES

Aromatic. Easy to peel. Easy to separate into segments. Loose-skinned. Sweet and sour.

CLUPEA HARENGUS**SUBSTANCE**

Clupea harengus. Atlantic herring.

Family Clupeidae. Order Clupeiformes. Class Actinopterygii.

Clupea harengus is one of the most abundant fish species in the world. They can be found on both sides of the Atlantic Ocean congregating together in massive schools [or swarms], both in the pelagic zone of marine waters [down to 200 m], and in coastal zones. They can grow up to 45 cm [17.7 inch] in length [usually 20–25 cm, 8–10 inch], weigh up to 1.5 pounds [0.68 kg], and live for over 20 years.

Herring is a central component in the North Sea ecosystem both as predator and as prey. Herring feeds mainly on zooplankton [copepods, mysids, euphausiids, fish egg and larvae] and juvenile fish. Herring is an important prey for most predator species including cod, saithe, whiting, mackerel, sea birds and marine mammals. Being a prey

Acoustic signals travel more efficiently through water than any other form of energy. Sound is therefore the most efficient communication channel in water, and both fish and marine mammals produce a wide variety of sounds. Although little is known of the behavioural reasons behind their noise productions, *Clupea harengus* is known to produce and perceive sounds. Noise is usually produced at night. It is probably the result of forceful ejection of gas from the anal duct. Gas release from the anal duct is observed when the fish is scared or during ascent and descent. The frequency of noise production does not change due to feeding. Noise production tends to increase with increasing numbers of herring in a school, leading to speculation that there is a social component to it.

Killer whales, *Orcinus orca*, use sound to herd herring into tight schools near the surface. They hit the school with their tail fluke, producing a broadband multi-pulsed sound, immobilising the fish, which are then consumed one by one.

Herded into tight schools. Although the phrase ‘packed like herrings in a barrel’ appears to be much earlier used than the phrase ‘like sardines in a can’, the herring is seldom used in the phrase today. Several of the earliest ‘packed like herrings’ citations referred to slave trade ships. Warning his German countrymen of the perils of emigration, Gottlieb Mittelberger wrote in 1750 that colonists would be “packed densely, like herrings so to say, in the large sea-vessels” for their passage across the Atlantic to America.

Fish muscle is of two kinds, light [or fast] muscle and dark [or slow] muscle, depending on the myoglobin content. Dark muscles are similar to the heart muscle. They lie directly under the skin and allow persistent swimming. Dark muscle cells are responsible for slow constant movement such as cruising, and are abundant in schooling fish that move large distances. Light muscle, on the other hand, allows sudden rapid movements as those used to attack a prey or flee a predator. The proportion of dark to light muscle increases with the fish swimming activity. The proportion of dark muscles is relatively high in fish that constantly swim, such as mackerel and herring. Herring contains around 20% dark muscle. Whereas light muscles get their energy from [anaerobic] glycolysis, dark muscles use aerobic respiration, with lipids as the energy supply. Dark muscle is therefore rich in lipids, lipases, nucleic acids, B vitamins, and myoglobin.

Herring fisheries in both Europe and North America have been important sources of protein in diets going back centuries. Herring is a high-fat species, particularly rich in long-chain omega-3 fatty acids. Herring is also a good source of vitamin D, B vitamins [esp. niacin, B6 and B12], phosphorus, sodium, and selenium.

It is stated that the herring is a very delicate fish, and is killed with a very small degree of violence. When taken out of the water it gives a peculiar squeak [known as ‘the cry of the herring’] and instantly expires, hence the proverb ‘As dead as a herring.’

Symptoms from a proving by Misha Norland & Peter Fraser, School of Homeopathy [UK], 12 female and 2 male provers, 30c, 2008.

AFFINITY

Upper and lower respiratory tract. Eyes. Musculoskeletal.

SYMPTOMS

M Distortion of space and size. “Nearly too tall to fit through the door.” “[As if] looking down on everything that’s going on below; feel tall and slightly removed from reality.” “Feeling tall, even though sitting down I feel I’m higher than everyone else.” “Narrow bridge looks too narrow for me to fit through.” “Room

looked large on opening eyes when sitting, but small when standing and started walking. When walking around the garden I felt huge, like a giant, ground seemed far away."

- M** Tightly packed. "Feel as if I don't have enough space where I normally sit to work. Want to push everything and everyone far away, further than arms length. Need more space to function, feeling hemmed in, feel I have to expand out, not enough physical space."
- M** Distortion of time. "Time seemed to be passing very slowly, but in a good way. Just seemed to fit a lot in to a little time." Having no time reference, no connection to the present. No need to rush, having plenty of time. "Everything about me is so slow." As if having slowed down enough to notice things not seen before.
- M** Difficulty engaging in mental conversation; difficulty answering questions, words not registering. Processing problems. "I find it hard to take anything in when people are talking, my mind can't absorb what they're saying. It almost feels as if they're talking too fast and sometimes in another language."
- M** Hard to focus. Easily distracted, involuntarily tuning into other people's conversations. Memory lapses.
- M** Confusion of identity. "Suddenly thought I wasn't the right person and I was in another room, that I was someone else and had to look at a birthmark to check it was me!"
- M** Dull, brain as if stuffed with cotton wool, thoughts taking long to form. Just wants to sit and stare with mind completely blank.
- M** Dreams: Fat person dying from obesity. Water, great waves crashing down. Ocean side community. Rising sea. Massive whale. Preparing fish. Giving birth to twins. Breastfeeding. Demons in the pool. Being stabbed in the chest.
- G** Feels better when doing something physical than when doing something mental.
- G** Immobilised. "The weight of my body felt too much, my body felt like liquid, as though I had no strength, it felt heavy but not heavy like stone and as though I couldn't be bothered to move."
- G** Ravenous hunger; as if starving. Thinking constantly about food. Sudden hunger.
- G** Sudden manifestations/symptoms.
- S** Tight. Tightness in abdomen area. Chest constricted and tight. Something tight around chest. Tightening back of neck. Left elbow tight. Tight band around wrist. Shoes as if too tight. Bra tight, breasts swollen.
- S** Vertigo, & restless desire to move about; as if having altitude sickness; as if swaying slightly from side to side.
- S** Rocking sensation on lying down with eyes closed, as if on boat on water.
- S** Waking up feeling very hot and sweaty on face and neck; sensation of wetness on face, neck and shoulders.
- S** Pain left side of head when rubbing. Rubbing causes a feeling of fluids moving over skull and running down sinuses, under eyes and to back of throat.
- S** Back of eyes as if bruised on moving eyes.
- S** Drop of something like olive oil as if running out of ear.
- S** Cotton wool in ears.
- S** Sudden nausea, as if seasick.
- S** Nose at tip as if very wet, as if nose is going to drip; need to wipe end [of nose].
- S** Nose aching outside and feeling raw, as if hairs had been burnt out and air is going in and out harshly.
- S** Strong smell up nose, metallic smell or frozen fish smell [not rotting fish, or can of tuna, but cold, iced fish].

- S** Teeth hurt, gums hurt, feels as though too many teeth in mouth.
- S** Both sides back teeth feel raised and swollen, very difficult to eat; can't put pressure on without feeling pain; worse on right side.
- S** Band around bottom of calves, as if wearing a support bandage, as if being squeezed in.
- L** Headache and nausea from coffee and tobacco.
- L** Pain in right eye socket, going upwards from back of right nostril.
- L** Eyes sensitive to light, feels like they can't focus, keep slipping out of focus.
- L** Hearing very acute, hearing amplified. Noise is an invasion.
- L** High pitched ringing in ears [3 pr.].
- L** Bowel movements sudden, strong, urgent.

• This dream reminds of Shakespeare's phrase "Stabbed to the heart and dead as a herring."

Remedy Overview

"The remedy is a basic one and the proving was straightforward. The picture is clear and reasonably easy to perceive. One of the most surprising things about the proving was a lack of group issues. Modern provings, animal remedies and provings conducted by an established group all tend to have important symptoms about being part of the group or being rejected by the group. The Herring however, as an obligate schooler has no choice in the matter. They are part of the school and there is no possibility of anything else. This is perhaps why the group is never mentioned as an issue in the proving.

"The remedy has distortions of space, particularly feeling taller, and especially distortions of time, time tends to stretch into whatever is needed. This is part of the main issue for the remedy of being able to go with the flow of time and circumstance and everything will work out. This results in a feeling of calmness and contentment. There was also feelings of being lucky and happy with concomitant gratitude and benevolence. These feelings become more pathological in a feeling of lethargy and can't be bothered. Physically there is great heaviness, exhaustion and sleepiness. Provers just wanted to curl up and go to sleep. They felt they couldn't move. There was a polarity of being energised and able to do many things at the same time.

"There was also considerable confusion. This could be of space and time and of identity and personal boundaries but was most often expressed as confusion in communication. They were unable to connect brain and mouth to speak effectively but could also not follow conversations and were easily distracted.

"Provers got colds that affected the nose, the ears and the eyes with, often severe, headaches and an irritating cough. These were the symptoms of a cold rather than a flu.

"There were many symptoms of the limbs including heaviness, numbness and pain, which was sometimes severe and prevented walking.

"The dreams have not been themed as they did not produce any strong themes or powerful imagery. There were some echoes of the physical symptoms such as the vulnerability, the swelling or the importance of the breasts." [Peter Fraser, Introduction to the Proving]

FOOD & FLUID

Aversion • Fruit. Sweets. Vegetables.

Desire • Fish; anchovies. Pudding. Sugar; sugar and fat. Sweet hot dessert.

Worse • Alcohol; wine. Coffee.

CUES & CLUES

Both predator and prey. Constant movement. Fattening in warmth. Immobilised. Instant death. Low light. Noisy nights. Schooling; massive groups. Slow flow. Sound. Steel blue; silvery. Tightness. Tightly packed. Up and down; ascending and descending.

COCA COLA**SUBSTANCE**

Coca-Cola. Coke.

The world's most popular and biggest-selling soft drink in history, as well as the best-known product in the world, Coca-Cola marked its 125th anniversary on May 8, 2011. Created in 1886 in Atlanta, Georgia, by Dr. John S. Pemberton, Coca-Cola was first offered as a fountain beverage at Jacob's Pharmacy by mixing Coca-Cola syrup with carbonated water. Coca-Cola was patented in 1887, registered as a trademark in 1893 and by 1895 it was being sold in every state and territory in the United States. In 1899, the Coca-Cola Company began franchised bottling operations in the United States.

The long story of Coke's secret formula begins with Pemberton, a veteran from Georgia who emerged from the Civil War with a morphine addiction, according to TimeNewsFeed, February 15, 2011. Hoping to cure his ailment, he dreamed up Pemberton's French Wine Coca, a brew that included kola nut and coca wine. But in 1886, as Atlanta passed prohibition legislation, he reformulated the drink without alcohol, renamed it Coca-Cola, and began selling it in Georgia pharmacies.

J.S. Pemberton & Co., Manufacturing Chemists, Atlanta, Georgia, advertised French Wine Coca in 1886 thus: "Pemberton's French Wine Coca. The World's Great Nerve Tonic. This great tonic and invigorator is endorsed by the elite of the Medical Profession in France, Europe and America. Physicians are invited to send for book (sixth edition) on the wonders of Coca and Damiana Plants and the Kola Nut; also formula of Dr. Pemberton's French Wine Coca."

After removing the wine from the formula, the product was advertised thus: "Coca-Cola Syrup and Extract. For Soda Water and other Carbonated Beverages. This 'Intellectual Beverage' and Temperance Drink contains the valuable Tonic and Nerve Stimulant properties of the Coca plant and Cola (or Kola) nuts, and makes not only a delicious, exhilarating, refreshing and invigorating Beverage (dispensed from the soda water fountain or in other carbonated beverages), but a valuable Brain Tonic, and a cure for all nervous affections – Sick Head-Ache, Neuralgia, Hysteria, Melancholy, &c. The peculiar flavour of Coca-Cola delights every palate; it is dispensed from the soda fountain in same manner as any of the fruit syrups."

Published versions say it contains sugar or high fructose corn syrup, caramel colour, caffeine, phosphoric acid, lime extract, vanilla, and glycerin. Alleged syrup recipes vary greatly. The basic 'cola' taste from Coca-Cola and competing cola drinks comes mainly from vanilla and cinnamon; distinctive tastes among various brands are the result of trace flavourings such as orange, lime and lemon and spices such as nutmeg. Some natural colas also include kola nut; Coca-Cola does not, and chemical testing reveals none.

Coca-Cola wants to be associated with enjoyment, using the word 'enjoy' on billboards, in ads, and on their product labels. Welcoming us to the 'Coke Side of Life', the

Coca-Cola Company believes that “Coca-Cola exists to benefit and refresh everyone it touches.” The beverage is enjoyed in more than 200 countries worldwide.

“Coca-Cola. A name that is more universally recognised than any other in the world. That’s the power of Coca-Cola’s brand. Some will say it’s the flavour, but for millions, it’s the way Coca-Cola makes them feel. A brand that’s always evolving, Coke’s brand promise of fun, freedom, and refreshment resonates nearly everywhere. The company excels at keeping the brand fresh while maintaining a powerful sense of nostalgia that unites generations of Coke lovers and reinforces consumers’ deep connections to the brand. Its edgy campaigns continue to push boundaries, and Coca-Cola reinforced its values through celebratory promotions relating to its 125th-year anniversary [‘Sharing Happiness’] and the London Olympics [‘Move to the beat’].” [www.interbrand.com]

Coca-Cola’s all-powerful associations include that it is the original coke drink [‘The Real Thing’], that its recipe is secret and unsurpassed, that it’s all-American or maybe global, that it’s youthful, energetic, refreshing, etc. Visual associations might include the unmistakable red and white logo and corporate colours, or the unique shape and tint of the original glass bottles. Negative brand associations may depict Coca-Cola as unhealthy, or as a symbol of global ‘imperialism’ by American brands. Unfounded myths and rumours have it that Coca-Cola is so acid that it will dissolve T-bone steaks and nails in a couple of days. However long steak and nail are soaked in coke, it won’t dissolve them in the least. Regarding its so-called harsh acidity, vinegar, lemon juice, and cranberry juice all have a lower pH value than even the lowest values given for coke.

The journal *Alimentary Pharmacology and Therapeutics* presented in its January 2013 issue the beverage as a successful new treatment for stomach blockages, also referred to as gastric phytobezoar [concretions composed chiefly of undigested compacted vegetable fibre]. Coca-Cola’s pH of 2.6 plays an important role in fibre digestion, and the carbonation helps move everything along.

Symptoms from a United States seminar proving by Rajan Sankaran [India], 30c, 1994.

AFFINITY

Gastrointestinal.

SYMPTOMS

- M** Feeling mellow, light and happy. Sense of great pleasure in riding on trains and driving in all the hustle-bustle of city traffic. Racing crowds. Desire to be amused by visual impressions.
- M** Excitement. Wanting to be social, having lively conversations, laugh.
- M** Mind overactive. Hurry, followed by fatigue. Hurried in eating.
- M** Feeling scattered, as if thoughts not covered. Can’t gather self; need to depend on others. Running helter-skelter.
- M** Frightened, everything looks strange. Disoriented, mixed up, befuddled, confused. Lost, getting lost, losing way, feeling lost. Anxiety about being in time. Anxiety > open air.
- M** Annoyed or tormented by music. Soft music is agreeable.
- G** Sensitive to touch, uncomfortable from pressure.
- G** Very tired, with decreased appetite and thirst. Tiredness on waking in morning.
- G** Chilly; desire for warm clothing. Feeling cold to the bone from wind.
- G** Daytime drowsiness; taking many short naps during the day.