The last group of drugs includes all the outstandingly nervy children, and the key to the whole group is ARSENICUM ALBUM.

ARSENICUM children are possibly the most attractive of the children. They are very highly strung, usually finely made, finely built, often with a very fine skin and fine hair; they are delicate-looking children.

They are always very much on edge, very easily scared, very easily frightened, anything unusual will frighten them, they are afraid of being left alone in the house, afraid of going out alone, terrified of the dark, and they always have a very vivid imagination.

They suffer from night terrors and wake up in the middle of the night terrified, jump out of bed and wander through the house to find somebody to talk to.

It is always the feeling of some horrible occurrence hanging over her, very often she does not know what it is and is just terrified. When comforted and consoled, she will quieten down and go to sleep again, particularly if taken into the parents bed and has somebody near.

They are usually of a variable color and tend to be rather pale but flush on excitement.

Hyper-sensitive nervous system. Terrors.

**ARSENICUM ALBUM** [Ars]

**CHAMOMILLA**
**CINA**
**MAGNESIA CARBONICA**
**IGNATIA**
**ZINCUM**

- When flushed they often get hot heads, and cold hands and feet on excitement or over-exertion.
- ARSENICUM children are always restless, always doing something. They may take up a thing do it for a while, then go on to something else, they never spend their time doing nothing.
- When they are feeling on edge... they go from their mother to their father, from their father then back to their mother.
- In spite of their restlessness and their activity, they get completely exhausted. They will be all right for a couple of hours, busy, happy, occupied, rather restless, and too mentally active, then suddenly become completely exhausted, grow pale, tired and lie down.
- Often they become depressed, and in a nervy, frightened state, feel they are going to be ill and want to have somebody near.
- Are inordinately tidy. A small girl will keep her dolls in a most astonishingly tidy condition. Even small boys, who normally break their toys and leave them lying about on the floor, if of ARSENICUM type, will put them away and be distressed, not because the toy is broken but because it is in a mess.
Another very definite thing about them is that they are liable to catch cold, particularly from exposure to cold, and these colds are fairly typical. They usually start as an acute coryza, with watery, excoriating discharge, very violent attacks of sneezing and a tendency for the cold very rapidly to spread on to the chest.

In 24 hours the history of an acute coryza develops rapidly to bronchitis. With that extension the ARSENICUM child becomes hoarse between the development of the coryza and the onset of the definite bronchitis.

The other ARSENICUM types get a very similar mild coryza without any hoarseness at all, without any sign of bronchitis but they suddenly develop an acute asthmatic attack.

The asthmatic attack in ARSENICUM children is a very typical, very tight, dry, spasmodic asthma and it is always accompanied by acute terror. It is always terrifying for a child to get asthma, but ARSENICUM children are almost beside themselves with terror.

They are liable to get asthmatic attacks either early in the afternoon about 1 p.m to 3 p.m. some time after lunch, or early in the morning any time after midnight.

Are very sensitive to cold, and exposure to cold is certain to upset them. It either provokes an acute respiratory attack, or an acute digestive attack.

Subject to acute gastritis, usually with diarrhea.

Extremely chilly,

Are thirsty with a desire for small sips of cold drinks, ...when suffering from gastritis or gastroenteritis, the condition is aggravated by cold drinks........When a child likes warm drinks and is made easier by them, one should not ignore ARSENICUM.

Another point about these acute abdominal attacks is that the child is rather delicate and one that can go downhill extremely rapidly; an ARSENICUM child with an acute diarrhea will become collapsed in a few hours.

Diarrhea leaves the child grey, cold and sweaty... the stools are offensive.

Over-sensitive to everything, to smell, to touch, to noise, to excitement; smells will make them all jumpy and nervy, excitement will give them a nightmare.

Congestive headache with intolerance of noise light, or disturbance of any kind. With these congestive headaches they want their heads as cool as possible.

ARSENICUM is less valuable in skin conditions than might be expected. It is more valuable in some of the chronic conditions than in the acute dermatitis.

Alternation of asthma and skin conditions is a very definite ARSENICUM indication; where asthma and diarrhea alternate it is useful.

A case of recurring headaches in which asthma developed cleared on ARSENICUM.
CHAMOMILLA  [Cham]

The symptoms of CHAMOMILLA are almost identical to those of ARSENICUM and yet they are entirely different drugs, and entirely different children.

First there is hyperesthesia, over-sensitiveness to noise, pain, people; there is exactly the same hyperesthesia in CHAMOMILLA.

There is the restlessness of ARSENICUM, moving from one person to another, never still; and exactly the same in CHAMOMILLA, the child goes from one person to another and is never completely still never at peace. And yet the two types are different.

In CHAMOMILLA there is extreme hyper-sensitive, the CHAMOMILLA pains are more intense probably than any other pains from which patients suffer; but the reaction is entirely different from that in ARSENICUM.

CHAMOMILLA cases have an absolute frenzy of rage; they resent it; they resent having it; and they are furious that the doctor has not cleared it off at once.

A CHAMOMILLA child is liable to strike out at you because it is hyper-esthetic.

There is intense restlessness in the CHAMOMILLA child, it goes from one person to another, and each time it is dissatisfied with the person it goes to, and as it leaves them it is quite liable to strike at them.

- Over-sensitive to noise, does not get the nightmare the same night, the child is wrought up into a perfect frenzy, liable to scream and stamp when disturbed.
- CHAMOMILLA child is better from motion, but particularly better from being carried about-it is passive motion
- Jog about a CHAMOMILLA child and it will probably stop screaming and begin to crow. You stop and it wants you to go on, and if you do not it will pull your hair.

The reactions are entirely different although the symptoms in the Materia Medica are almost the same; for Ars., and Cham.

- The CHAMOMILLA child is never still, it is never satisfied with anything it is doing.
- Never puts away its toy in a cupboard, it just tosses it down, and picks up something else; if told to put the first toy in the cupboard it is liable to yell.
- They get more excitable as the day goes on, more irritable, more difficult to manage, and they are liable to be particularly troublesome about 9 p.m. He is often quite impossible after it is put to bed until about midnight, then it appears to wear itself out and falls asleep.
- Get into a fury; get flushed with red faces and hot heads; flushed on one side of the face, it is flushed generally but one side will be redder than the other.
CHILD CONSTITUTIONS PART 5: ARSENICUM

- Teething child who needs CHAMOMILLA tends to be worse at night and to have very swollen, inflamed, tender gums, and they tend to be one-sided with a marked flush on that side of the face.
- Worse by application heat; better from cold applications.
- Worse in a hot room, and the attack is liable to subside about midnight. It is worth noting that the toothache pains of CHAMOMILLA have entirely different modalities from the other pains.
- CHAMOMILLA children are subject to attacks of acute colic possibly because their parents give in to them; they see something they want and scream until they get it, and that evening they go down with acute abdominal colic—mostly the fault of the parents. (Boericke)
- These attacks of colic are accompanied by a lot of wind and very much relieved by hot applications.
- With these attacks of colic they are liable to get bouts of diarrhea, with the typical green CHAMOMILLA diarrhea stool.
- CHAMOMILLA children are usually hot-blooded. They have very hot heads, very often hot and sweaty, and they are liable to have burning hot feet which they push out of bed at night.
- This child in a tantrum of temper can get into such a state that it gets blue in the face starts careful convulsions from pure rage.
- Teething children do well on a low potency. A few doses usually stop the disturbance, CHAMOMILLA 12 to 30, two hourly, in the average case, but in a violent attack repeat every half-hour until they quieten down.

CHAMOMILLA is also useful for acute otitis in children.

- If the trouble has been brought on form exposure to cold CHAMOMILLA is one of the greatest standbys in the small child, particularly if the one-sided flush is present.
- CHAMOMILLA has cleared more acute otitis in small children than any other single drug. And it clears up clears up without any puncture of the drum. But the child must have the CHAMOMILLA make-up as well as the otitis, or CHAMOMILLA will not work. the nervous system has to be all on the fret, and the child has to be irritable and touchy.

The PULSATILLA and CHAMOMILLA are the two most common remedies for Otitis Media. Both have the one sided flush, but the children are different.
CINA [Cina]

CINA makes a very interesting comparison with CHAMOMILLA. Most people start with a dose of CHAMOMILLA and if no results they give a dose of CINA.

- Obstinate as a mule; is the main mental distinction.
- Circumscribed red patch on the cheeks, and very often a noticeable pallor about the mouth and nose.
- CINA children are quite peaceful and they allow themselves to be carried about and will quiet down quite easily.
- Apt to vomit when upset; immediately after, they are hungry.
- Suffers from nightmares, and night terrors if it he had a late meal.
- Stool is a very white, watery stool.
- Are always chilly and are sensitive to any draughts of air.
- Are liable to irregular muscular twitchings, particularly after any excitement, and often in the muscles on the face.
- frightfully touchy. They have of complete inability to see a joke of any kind particularly if it refers to themselves.
- Hyper-sensitivity of the head, the head is sensitive to jarring, and of the scalp. To soothe down a CINA child never stroke its hair.
- Have an inordinate habit of yawning, and keep yawning as if they would dislocate their jaws, and in some cases a definite history of acidosis links up with the tendency to yawn.
- Irritation of the nose, it is red, itchy, and they pick at it - and that is quite apart from getting thread worms or anything of the kind. A yawning child picking its nose always indicates the possibility of its needing CINA.

MAGNESIA CARBONICA. [Mag-c]

MAGNESIA CARBONICA and CINA are the two most commonly indicated drugs for diarrheic attacks accompanied by peculiarly white stools.

Child is a sensitive, nervous type and as a rule.

- Lack of stamina; child has soft, flabby muscles, and any physical exertion tires him out.
- The pains are violent, they may be in any part of the head, and tend to come on at night.
- Sleeplessness, the child cannot get to sleep at all, and a strange feature is that they are better if the child is up and moving about.
CHILD CONSTITUTIONS PART 5:
ARSENICUM

- likes and dislikes in food. They have a marked craving for meat, and anything with a meaty taste. Aversion to vegetables of any kind. In small children there is an intolerance of milk; they get sour vomiting, and pasty, pale, undigested stools, which are usually white and soft puttylike.
- In bronchial attacks; get stringy sputum, which is very difficult to expel.
- Very dry skin. In small children it is particularly noticeable, they get a dry almost scaly, skin, and a peculiar dry, almost coppery-coloured, scaly eruption of the scalp, almost as if it has been pained on to the scalp.
- Very easily startled by any unexpected touch, and in spite of this very inert type of skin, after taking any hot food or drink they flush up and sweat about the head and face.
- Sensitive to cold, and yet they are rather better in the open air. They are usually aggravated by changes in the weather.

IGNATIA [Ign]

The next of the nervy drugs is IGNATIA. It is unfortunate that IGNATIA has been distorted in the homoeopathic textbooks and has come to be looked on as the hysterical female.

- Highly developed nervous system; a highly strung, sensitive, bright, precocious child, doing very well at school and being pushed- be it a boy or a girl-and the nervous system is getting over-taxed, will often present IGNATIA indications.
- The first indication is that the child is beginning to develop headaches, a nervous, tired headache coming on at the end of the day, after a period of stress.
- Then they begin to become slightly shaky their writing is not so good as it was, their finer movements begin to suffer.
- The next pointer is a rather strained expression, and this is a major keynote to IGNATIA in the non-hysterical type.
- May become unduly excitable-either up in the air, or down in the dumps, and is incredibly hypersensitive to noise.
- Any noise nearly drives it crazy; it is liable to fly into a rage and then lapse into tears.
- After any stress of that kind the child is quite incapable of working, its brain will not function, it cannot take anything in, cannot remember, and cannot think.
- They get all kinds of digestive upsets, and the typical IGNATIA hysterical stomach develops, that is to say the child is upset by the simplest food but can digest the most indigestible meal.
- Reproach of self, thinks that the failure is due to lack of effort on her own part, gets thoroughly depressed and almost melancholic.
- Linked with the choreic tendency is liability to get troublesome, irritating spasmodic coughs, which come on at inconvenient times, and once started go on, and on, and on. That is one type of IGNATIA cough in the stressed child.
- The other type is very definite, acute laryngitis, with a tendency to laryngeal spasm. They are very liable to get rheumatic pains, and may even get acute rheumatism; and most of the rheumatic pains are better from definite firm pressure.
ZINCUM [Zinc]

The last of these drugs is ZINCUM and one adds it to IGNATIA because of the choreic tendency. The typical ZINCUM child is very nervous, sensitive and excitable. They are easily distinguished from the IGNATIA children. The IGNATIA child, to begin with, is a very bright, quick reacting child, whereas the typical **ZINCUM child has a reaction time**.

- ZINCUM children are slow of grasping what is said, slow in answering, and they are much more docile, less unstable than the IGNATIA children.
- The ZINCUM child will come for treatment at about the same age, possibly a little older, and will present a history of delayed development. Delayed puberty very often gives the indication for the ZINCUM child.
- The impression is that they are tired, mentally and physically generally weary. And yet they are restless, twitchy, fidgety. When they are tired, they get a very persistent, aching pain in the lower cervical region, very often with burning pains going right down the back.
- Another feature of these ZINCUM children, particularly the very fidgety ones, is that they are liable to get cramp in bed at night, more often in the hamstring muscles than in the feet.
- They are very sensitive to cold and are always chilly. They get inflamed eyes from exposure to cold.
- These children have definite thickening of the margins of the lids, chronic blepharitis, and chronic conjunctivitis, and they develop intense photophobia.
- They are acutely sensitive to noise, as sensitive as the IGNATIA children, but talking worries them excessively, and if the child is attempting to do work and anyone is talking in the room it upsets them more than the noise of other children playing.
- Also in adults, who are completely exhausted by people talking to them, it is very often a definite lead for ZINCUM.
- Another strong indication for ZINCUM is a history of a well marked, generalized skin eruption in early childhood, and a chorea developing about adolescence.
- Many of these ZINCUM children develop an acute hunger about 11 a.m. and they simply bolt their food and their drink.