



Nuts & Bolts Homeopathy: An A-Z Compendium with 12 Appendices

By Jane Hurley

In 1990 the late Ken Metson closed his homeopathic practice in Essex and retired to Devon. With time on his hands he set up a clinic and a tutorial group where Jane Hurley began working with him. Metson's students inevitably pumped him for hints and tips and his responses, Ken's Gems as they were affectionately known, were avidly noted. After his death in 1997, Hurley collected them, drawing on the memories of other local practitioners and adding her and their clinical experiences as well. Nuts and Bolts is the result of this enterprise.

This is a fascinating miscellany of ideas, insights and recipes, its alphabetical ordering creating some startling juxtapositions: differentials on common acutes sit cheek by jowl with obscure remedies; clinical observations on major polycrests neighbour reminders of the cardinal symptoms of meningitis and yellow fever, and an eye-watering manoeuvre for reducing a hiatus hernia follows the reminder of the importance of Zinc valerianum 1M in post-herpetic neuralgia.

Metson's presence is all pervasive with additional treatment protocols, a biographical sketch and even a YouTube link; the work is part homage and readers with little or no previous knowledge of Metson could feel like spectators. The prescribing style is reminiscent of

Maughan and his students, and some readers will have to swallow hard to get past the more provocative statements: the recommendation to give Natrum muriaticum 10M after a termination for the inevitable feelings of resentment, and the routine prescription of Syphilinum 200 for everyone who has made the necessarily self-destructive choice to take antibiotics seems a tad prescriptive and borders on the judgemental. If the YouTube recording is anything to go by this may give a false impression of Metson's teaching style, less a dogmatic teacher and more a man eager to encourage his students' own exploration: so the suggestion that loquacious Natrum muriaticum patients need to take Lachesis first may seem rather facile, but hints at those cases where clients barricade their hurt behind a barrage of words and need to be quiet long enough to connect with their inner feelings.

One homeopath's gems are all too often disappointingly dull pebbles in another's pocket but if this collection inspires a later generation of prescribers to fashion their own jewels then that would be tribute indeed to Metson and Hurley.

The book exists on disc, as a PDF and Word document, so that readers can incorporate their own observations.

2009, www.janehurley.co.uk,
CD £12.00

Reviewed by Robert Bridge

Robert Bridge RSHom combines a busy London practice with regular teaching in London, the Lakes and Egypt. To the exasperation of his wife, children and dog, he continues to practise the piano as much as he ever did when he was a full-time musician and organises a series of knitting concerts each year in Putney. Email: robertbridge@yahoo.co.uk