

Lac rupicaprinum

Milk of the chamois



*a proving done under the auspices of the
Soci t  Hahnemannienne Dauphin  - Savoie*

*coordinated by Dr. Jean-Marie Deschamps
Dr. Jean-Marie Tribouillard*

Lac rupicaprinum

Milk of the Chamois

A Homeopathic Proving

May - June 2007

by the « **Société Hahnemannienne Dauphiné - Savoie** »

coordinated by:

Dr. Jean-Marie Deschamps

Dr. Jean-Marie Tribouillard

translated from the French by Lise Gregg

We would like to warmly thank all those who participated in this beautiful collective undertaking:

- The provers and supervisors, for their careful observations:

| | |
|----------------------|--------------------------|
| André Bériet | Bénédicte Magnificat |
| Valérie Bourin-Klein | Louis Mathieu |
| Patrick Cambonie | Jean-Marc Mignot |
| Michèle Camelin | Nadine Moreau |
| Hélène Ceyzeriat | Véronique Morel-Mabilon |
| Jean-Louis Chabert | Marie-Christine Nicolaus |
| Luc Charmasson | Guy Payen |
| Marie Coizet | Jean-Jacques Perret |
| Patricia Dalmas | Pernette Pinoncely |
| Véronique Daudet | Stéphanie Proudhot |
| Bénédicte Denoix | Patrick Richer |
| Brigitte Germain | Pierre Robert |
| Joëlle Grégoire | Martine Robert |
| Catherine Grossiord | Audrey Rozière |
| Florence Lapprand | Marguerite Saint-Paul |
| Dominique Lerbet | Bruno Staquet |
| Guy Loutan | Dominique Tribouillard |
| Jean-Luc Mabilon | Aline Vaucher |

- Jean-Michel Jullien, environmental technician at the *Office National de la Chasse et de la Faune Sauvage* (ONCFS) for his kind welcome and knowledgeable assistance
- Marc Cornillon, photographer, for the superb photos of chamois
- *Pharmacie des Archers*, in Epernay, France, for making the potencies and preparing the remedy.
- and finally, a special thanks to Lise Gregg, for the care she took and the quality of her translation.

Summary

In 2006, two keen homeopaths: Jean-Marie Deschamps, teacher at the *Institut National Homéopathique Français* (INHF-Paris) and Jean-Marie Tribouillard, instructor at the *Ecole Homéopathique Hahnemannienne Dauphiné-Savoie* (the Dauphiné-Savoie school) had the idea of undertaking the proving of chamois milk.

They met with Jean-Michel Jullien, specialist of mountain ungulata. In his capacity as environmental technician for the *Office National de la Chasse et de la Faune Sauvage* (ONCFS), Mr. Jullien organized the capture of a lactating female in the *Parc Naturel Régional du Massif des Bauges*, near Dent de Pleuven Peak in Savoie, France.

This document describes in detail the conditions under which the chamois was captured, preparation of the remedy and the proving methodology using Jeremy Sherr's criteria.

This is followed by a study of the chamois, its lifestyle, physiology, habitat, reproduction, predators and diseases.

Proving results are presented extensively using the provers' – all members of the *Ecole* or of the *Société Hahnemannienne Dauphiné-Savoie* – exact words.

The themes collected fall under the following categories:

- expected themes corresponding to the chamois' life in its environment such as verticality, snow, attack coming from the sky, sensory acuity, protecting the young, notions of herd, of family.
- more specific themes such as: renewal, precariousness, gigantism, metal structures.
- a polarity concerning the hip: the link found between hip disorders and seeking verticality allowed for an elaboration based on the symbolism of the human body.

The authors finally suggest two cases that pave the way for future prescriptions.

At the end of the document, the proving symptoms are transcribed in repertory rubrics (in both French and English) and classified using Kent's Repertory chapters.

Lac rupicaprinum: a new remedy

Milk of the chamois

The project was bound to spring from the mountains... It was during a cross-country skiing outing, in the winter of 2005-2006, that two homeopaths – who love to talk about their discipline when taking a break (or even when climbing up some steep hills) – said “Why not? Let’s do it!” This new experimentation, so emblematic of the region we live in, captivated us at once.

Obtaining the raw material

To carry out our plan, however, we needed to find the raw material (referred to from now on as «the substance»). This is when Jean-Michel Jullien, environmental technician for the *Office National de la Chasse et de la Faune Sauvage* (ONCFS) came into the picture. Mr. Jullien had been working in situ for 20 years.

The ONCFS is a national public service, managed by two French ministries, Agriculture and the Environment, and established in all French *départments*¹ on the continent and abroad.

- It defines, executes and controls protective measures for wild fauna, in harmony with man and his activities.
- It carries out, studies and performs experiments geared towards conservation, re-introduction of wildlife and management of wild fauna and of their habitats.
- It enhances and watches over wild fauna; supervises as well as enforces hunting rules and regulations.
- It assists the government by:
 - ✓ helping to evaluate the condition that wild fauna is in, as well as following-up on its management,
 - ✓ bringing their expertise and technical know-how to assist in decision-making for regional planning.

In our area, J-M. Jullien is more specialised in studying and monitoring chamois and mouflon populations, their movement, diseases and reproduction.

Hence, early in July 2006, we met in the *Parc Naturel Régional du Massif des Bauges* (PNR des Bauges) to seek out the valuable substance...

“But what IS a PNR?” you may well ask. Less well known than the *Parcs Nationaux* (*Parc National des Ecrins*, *PN de la Vanoise* or in the same area the *Parc Naturel Régional de la Chartreuse*), the *PNR des Bauges* is pretty much

¹ translator’s note: administrative geographical divisions in France

equidistant to four French towns: Annecy to the north, Aix-les-Bains to the west, Chambéry to the south-west and Albertville to the east. Its founding, in December of 1995, meant national recognition of the Bauges region's natural heritage and landscapes. It also implied the commitment of 58 towns and villages to local development through preservation and promotion of their heritages. Many years before, shortly after the end of World War II – in 1950 – the near extinction of the chamois population from over-hunting had led to the founding of the *Reserve Nationale de la Chasse des Bauges*. Even before that, in 1913, to preserve the chamois, loggers of the Bauges Mountains had wanted to stop issuing of hunting permits in publicly owned forests. Consequently, unbeknownst to us in July 2006 when we set out to find the substance, we were doing so in one of the actual birthplaces of French preservation of the chamois...

So, how do you go about catching a chamois in the Bauges Mountains? You rise early, have breakfast, dress warmly and leave the hut, high up in the mountains, to wait for a chamois to come to probable place. Attracted by salt, chamois are captured with a net placed high up on top of a mast and released from a distance.

Unfortunately, neither luck nor good weather were with us on that July day. We came home drenched, cold and with no chamois milk to show for our trouble. Fortunately, the captures that ensued on the following days allowed J-M. Jullien to bring back and send off a small sample of the substance, as detailed below.

The substance

At Pleuven in the Bauges Mountains, on July 6th 2006, a small amount (a few centiliters) of milk was drawn from a female chamois born in 2002 and weighing 31.5 kg (she had been captured once previously in Pleuven on July 30th 2003, then weighing 25.55 kg). She was lactating and her 7.3 kg kid was captured along with her. Laboratory results of the analysis performed by Philippe GIBERT, veterinarian at the ONCFS, go as follows:

“The serum obtained from 4 year old lactating chamois n°2414 captured in Pleuven on July 6th, 2006 was analysed for the following criteria:
Brucellosis, QF, Chlamydophilosis, Paratuberculosis, Salmonellosis (SAO), CAEV (Caprin arthritis encephalitis virus) (Lentivirus), Toxoplasmosis, Agalaxia (Mycoplasma agalactiae), RBI (Herpes virus): all negative.
DVB (Pestivirus): positive. However RCP Pestivirus: negative.”

“chamois kid n°3049, male offspring of n°2414:
Brucellosis, Epiidymite and DVB: all negative.
Quantity of serum insufficient to perform further testing.”

“Conclusion: no apparent problem apart from the fact that the female has been in contact with Pestivirus (probably when Pestivirus occurred in 2003 in the RNCFS des Bauges).”

Making the remedy

Our grateful thanks to *Pharmacie des Archers*, in Epernay, France [address: BP 30 – 51201 Epernay cedex. – tel: +33 (0)3 26 55 65 83] for preparing the potencies, which can now be delivered to patients either in CH or K form.

We would like to indicate here that *Lac rupicaprinum*, the name we have given this new remedy, is a neologism. The adjective *caprin* exists in Latin but the adjective *rupicaprin* does not, nor does it in French for that matter. We opted for *Lac rupicaprinum* however because this is the way most homeopathic milks have been named, even though *Lac rupicaprae* would have been more explicit, linguistically speaking.

Proving Methodology

“The best opportunity to practice and perfect our sense of observation is to experiment the remedies on ourselves.” (S. Hahnemann)

The experimentation was led using Jeremy Sherr’s 4 phase protocol:

- The pre-proving consultation, when the supervisor evaluated the prover’s personal symptoms, took place in April 2007.
- The remedy (6 doses were made available) was taken on April 28th and 29th, 2007. Provers’ observations and gathering of symptoms, logged into proving notebooks, lasted 2 months.
- The proving meeting, when the provers shared their individual experiences, took place at *Société Hahnemannienne Dauphiné-Savoie* (SHDS), on Saturday June 30th, 2007.
- Processing and synthesizing of the proving data took place over the following months.

This project brought together 21 volunteer provers and as many supervisors, all students or professional homeopaths, members of the SHDS: 14 women and 7 men. The potencies used (5CH, 7CH, 9CH and 30CH) were administered on a random basis. In the medical data, published here extensively, chapter by chapter, provers are designated by a reference number in order to preserve their privacy. Following this number is the dosage taken as well as a date that indicates when the symptom first appeared, for example: (8, 5CH, 01.30.00).

It goes without saying (but we shall say it nevertheless): neither provers nor supervisors knew what the substance was. They were informed that the experimentation contained placebos. However, because some provers had backed out of the experimentation prior to its beginning, for fear of lack of sufficient data, we decided to administer *verum* to the entire group.

We wish to thank all those who participated in this proving, for the sharpness of their observations – allowing us to obtain top quality data. As coordinators, we attempted to be as rigorous as possible in transcribing their notebooks with the Jeremy Sherr method, often asking them to clarify symptoms when necessary and not including them whenever any doubt remained. Despite the extra time involved, the two of us worked together as a team throughout the proving, hoping thereby to ensure greater reliability of the results – something essential to writing out good prescriptions in the end.

Let us now express hopes that this new remedy will relieve patients of their ailments and enable them to attain the physical and mental harmony we all strive for.

Bibliography

- Hahnemann, S. *Organon of Medicine*, 6th. Ed., translated by R. E. Dudgeon, B. Jain, 1984.
- Kent, J.T. *New remedies*, Sett Dey and Co, 1973.
- Sherr, J. *The Dynamics and Methodology of Homeopathic Provings*, 2nd Ed., Malvern, Dynamis Books, 1994.

oooooooooooooooooooo

Rupicapra rupicapra... the chamois

Taxonomy:

• The Rupicaprin family

- ✓ In the Alps: *Rupicapra rupicapra* or the chamois
- ✓ In the Pyrenees: *Rupicapra pyrenaica* , the Pyrenean chamois, the isard or izard, is a bit smaller and has a dark « scarf » surrounding a light colored neck and coming down to a low point at the base of its chest
- ✓ In the Rocky Mountains: the white Mountain goat (*Oreamnos americanus*)
- ✓ In Nepal : the goral (*Nemorhaedus*)
- ✓ In Sumatra: the serow (*Capricornis*)

• The Caprin sub-group (of the Bovine family) includes:

- ✓ genus *Capra* (the goat, the ibex, etc.)
- ✓ genus *Rupicapra*
- ✓ genus *Ovis* (the sheep, the mouflon, etc.)
- ✓ other more distant species such as the tahr, the musk ox, the takin, etc.

• Etymology

The word *rupicapra* comes from the Latin *rupes* “rock” and *capra* “goat”. This denomination suits the chamois perfectly as it has colonized mountainous regions from the north of Spain to the Caucasus, settling in the Alps as it progressed onwards.

• Common characteristics of chamois and isards:

- ✓ They have a narrow and mobile head, keen eyesight and an acute sense of smell and hearing.
- ✓ Their horns are hooked backwards at the tips. The female’s horns are generally further apart than the male’s.
- ✓ Males have a thicker neck and broader chest than females.
- ✓ Proportionally speaking, they all have a very large sized heart.
- ✓ Their strong legs, both muscular and supple, give them the ability to leap and spring amazingly.
- ✓ Their hooves are perfectly adapted to rock and snow due to:
 - an interdigital membrane,
 - a padded sole,

- a rough under surface,
- a sharp horned edge able to cut into the snow.
- ✓ They are able to survive in the mountains from November to April, when food is very scarce to non-existent. Consequently, they are adapted to harsh living conditions (contrarily to mouflons who, living on a larger territory, adjust to harsh weather conditions by migrating seasonally to different altitudes.)

• The chamois population in France

Estimated at 70,000 in 1998 (ONCFS national survey), the number of chamois probably doubled in 2007. They are present in 23 *départements*².

Savoie is the French *département* where the chamois population is the densest: approximately 18,000 in 1999, nearly 25,000 today (73 FDC sources).

It is worth mentioning that there is a sub-species in the Chartreuse Mountains: *Rupicapra cartusiana* is stockier, heavier, its horns are closer together at the base with the end hooks farther apart; its coat is darker in winter and blacker than the Alpine chamois.

• Longevity and life expectancy

A chamois' life expectancy is 25 years but few go beyond 15 or 16. After 10 or 12, « senescence » or old age sets in and the mortality rate increases further between 14 and 15. Consequently, very few animals live older than 21 or 22. It is worth mentioning that, as in humans, females live longer than males. Juveniles (less than a year old) have a survival rate of 50-70% in winter and about 90% in summer.

• Physical characteristics

Height and weight

The chamois is the smallest sized member of the Caprin family (the chamois, the isard, the mouflon and the ibex). Males generally measure 100-135 cm from muzzle to tail and 67-85 cm at the withers. They weigh between 25-45 kg, certain males in the French Alps weighing as much as 50 kg. Females are usually shorter and weigh less than males. All reach their maximum weight in the fall after having foraged all summer. At the end of winter they may have lost as much as 50%.

Horns

Chamois can easily be recognized by their fine ebony colored horns that, contrarily to members of the Cervidae family (deer, etc.), they keep all their lives. Their horns begin growth at birth and become visible when they are 2 months old. The keratin covering (or *sheath*) that surrounds their horns is fully grown by the time they are two. After the age of four, horns only grow 1-3 mm a year. At this point, they measure 15 cm and weigh 70 g (keratin sheath alone – as opposed to male ibex horns that weigh 3-6 kg). At first chamois horns grow straight up, then they form a backwards hook at the tips. The horn is made up of two parts: the outer keratinous

² translator's note: administrative geographical divisions in France

sheath and the *core* made of live bone. The latter is a living part of the skull and is what causes the horns to grow via chorio-epidermic tissue. The keratin sheath is made of dead keratinized epidermic cells (keratin, rich in sulphur, is a substance found in feathers, nails and horns). The surface of the sheath is full of ridges that are of two types: ornamental ridges (which rarely go all the way around) and annual or age ridges (which go all the way around and are more apparent). Annual ridges are caused by a halt in keratogenesis in winter when food is scarce and poorer in minerals.

Chamois horns are very sharp and can tear a rival's underbelly or leg skin during the rut. The rounded shape of their horns has strong impact potential and can dissuade intruders (e.g. foxes). In the event of eagle attack, a mother will, on occasion, defend her kid by rising up on her hind legs and pointing her horns at the assailant.

Supraoccipital glands

One of the chamois' distinct features is its *supraoccipital* (or *posthorneal*) glands. Variable in size, according to age and the mating season, but about the size of a walnut, these glands, present in both sexes, are located behind each horn. In males, they grow in size in September, at the beginning of the rut. Males then leave olfactory territorial marks on trees and rocks. It is thought that these glands also foster mating by enticing the females. For this reason, supraoccipital glands are also called « rutting glands ».

Teeth

Juveniles have 20 milk teeth. By the time they are 4 years old, 32 permanent teeth have come out: 12 premolars, 12 molars and 8 incisors. As in all ruminants, they have no incisors in the upper maxilla.

Pelage

The chamois' coat (or *pelage*) is made of 3 kinds of hair. The top layer or *guard hairs* make up most of the coat. *Down hairs* are close to the body and form a warm woolly covering, protecting the chamois from the cold in winter. Between the two, *awn hairs* are intermediate in length. Males grow dorsal hairs along their spines. This is also called the *beard* or *mane*. In summer it is only 5-7 cm long, growing to as much as 30 cm during the rut. Connected to arrector pili muscles, beard hairs can stand up on end.

Molting

Contrarily to ibexes (who molt once a year) but similarly to deer, chamois and isards shed their coats twice a year. At each molt, all three kinds of hair are gradually and entirely replaced. Each hair follicle grows a new hair, causing the old one to fall out. The molt is adapted to the season and never leaves the animal uncovered. The characteristics of each type of hair (e.g. long hollow guard hairs for insulation, woolly down hairs for warmth, etc.) but also their length and color (e.g. black to absorb heat from the sun) contribute to give maximum protection, especially at high altitudes and in winter.

The spring molt, when the dark winter coat turns a lighter color, begins at the end of March. In the beginning of May, it starts to turn grey and shed. During this *full molt*, fur comes off in clumps or whole patches. At this time, with bald spots exposed, the chamois are not at their best appearance. By the end of June almost all of the old hair has shed. Chamois then have a light summer coat and display a fine and elegant figure. However, the summer coat only lasts approx. three months.

The second or *autumn molt* begins in mid-August when the summer hair gradually sheds. New winter guard hair starts to darken the coat. The molt occurs in September. By the end of October, their coat is almost completely black, hairs growing longer and thicker, ensuring maximum protection from the cold. This molt is less spectacular than the spring one, the hair to be shed being shorter. Chamois keep their winter coats for 8 months.

Senses

The chamois' eyesight allows it to distinguish movement in semi-darkness nearly half a kilometer away. Conversely, it has trouble identifying motionless objects, even close by. They easily adapt to sounds made by humans performing their usual activities but are very wary of new unfamiliar sounds. They then use their keen sense of smell to determine whether there is danger or not. If they are downwind, they can detect an intruder more than 500 meters away.

Hooves

Chamois hooves are made of two toes that can move apart to adhere to rock. Between these is an interdigital membrane, covered in hair, that prevents them from sinking into snow by widening the surface of the hoof, much as rackets do. Lastly, a hornlike substance, found on the hind part of the heel and similar to hard rubber, is remarkably elastic and remains so all through the animal's life.

Heart and Lungs

The chamois is perfectly well adapted to its natural habitat, as is clearly demonstrated by its proportionally large sized heart. It weighs between 300-350 g for an animal weighing 30-50 kg (a human's heart weighs 250-300 g for 60-80 kg). What's more, chamois blood contains 12-13 million red blood cells per millilitre (four to five times more than humans). Their blood is fairly thick and at a surprisingly high temperature – something that has often intrigued observers – 39 °C at rest and 43 °C in a wounded or weak animal. Ventricles can attain a thickness of 1 cm. The chamois' lungs are heavy also, weighing approximately 1 kg. Due to these physical characteristics, chamois easily change altitudes, ascending or descending several hundred meters in just a few minutes.

The semi-flexed position

Contrarily to other animals, the chamois is naturally in a semi-flexed position enabling it to take off in a most spectacular and powerful way. The sharp angle formed between the upper and lower parts of its hind legs literally acts as a spring when it leaps.

Bezoars

A *bezoar* is a tough mass of material that can be found in the stomachs of chamois. It is a light medium sized conglomerate varying from the size of a nut to that of an egg, made of vegetable fibers, debris and ingested hairs and held together with resin from conifer bark and other indigestible material. This « stone » can also contain silica and other minerals. In time, it becomes smooth and shiny, dark brown in color and gives off a pungent musky smell. Chamois can have a bezoar and, most often, not be disturbed by it. However, should the stone become too large, intestinal blockage can result. Death nevertheless rarely occurs. In ancient times, bezoar stones were considered good luck and were used to heal certain ailments and eliminate dizziness.

• Differentiation of the sexes

Appearance

Sexual dimorphism is not particularly marked in the chamois. Male and female horns are almost identical and there are no major morphological differences. It is however possible to tell them apart at a distance: males have thicker necks and their forequarters give a general impression of strength. Females look slimmer and their necks are not as thick at the base, more cylindrical, having a diameter equal to or less than the length of their lower jaw.

Pelage

After four years of age, during the rut, males have a penile tuft, of variable length, prolonging the penile sheath. This characteristic makes males easily identifiable in winter.

Horns

One can tell a male from a female by the angle of the hook at the tips of their horns: a wide angled hook (more than 45°) is the clear sign of a female. The diameter of the horns at the base is also greater in males. However, there are many exceptions to these signs.

Behavior

During the rut, it is fairly common to identify two males pursuing each other over long distances. Observing their position during urination is also a sure way of differentiating males from females: females squat down on their hind legs while males stand almost erect on all four quarters.

• Diet

Preferences

Chamois love the herbaceous plants that grow in their habitat. By virtue of the gradual unfolding of germination and plant growth throughout the year and at different altitudes in the mountains, they can find varied and tasteful nourishment from the spring to the fall. Due to the intensity of the sun, plants that grow in the mountains are richer in nutritive elements. Chamois sometimes make selective

choices, only eating the tips of a plant for example. Their diet is mainly made up of grasses as well as flowers such as irises, daffodils and gentians. In summer, legumes (ex. Alpine clover or *Trifolium alpinum*) also make up a large part of their diet. It is worth mentioning that *Doronicum grandiflorum*, a member of the aster family native to Europe, is called *Gemsengras* in German meaning « chamois grass ». Oddly enough, chamois feed on plants that are poisonous to many other animals: aconite (*Aconitum* or « queen of poisons »), belladonna (*Atropa belladonna* or « deadly nightshade ») and foxglove (*Digitalis* or « ladies glove »). They also eat plants that have a bitter taste such as the fruit of the great yellow gentian (*Gentian lutea*). On the other hand, they disdain certain strongly aromatic plants such as mint or marjoram. Further research with the CNRS (*Centre Nationale de Recherche Scientifique*) in Grenoble is being undertaken to define chamois diet more precisely in the *Réserve Nationale de Chasse et de Faune Sauvage des Bauges* (RNCFS) (Savoie and Haute-Savoie). This is carried out by studying plant cell chloroplast DNA type classification, found in chamois droppings or contained in their paunches (or *rumen*).

Summer

Chamois start to graze at daybreak and ruminate in the morning. Towards noon, they graze again and ruminate once more in the afternoon. In the evening, at around 6 p.m., they have a last diurnal meal. It has been demonstrated in the RNCFS that the presence of tourists can modify this schedule considerably.

Winter

Food is available in forests and on steep or craggy slopes. In winter chamois will readily descend to the snow limit or approach windswept mountain ridges. Juniper, wild thyme, heather, holly, conifers, ivy but also dry grass and lichens make up their diet in winter. When in dearth, they will eat tough rhododendron and even bark from trees.

Once snow has covered the mountains, save for the forests, chamois can only find herbaceous plants on steep windswept slopes where snow doesn't remain long or on slopes facing south where it melts rapidly. Even in such places, they have been known to scour the ground in search of food.

In winter, they begin grazing early and continue all morning long: from 6 a.m. till noon. At midday they ruminate and rest a few hours and then feed again from about 3-6 p.m. It has been shown recently, via satellite tracked animals (equipped with GPS collars) in the Bauges RNCFS, that chamois are considerably active diurnally all year round (*Office National de la Chasse et de la Faune Sauvage – ONCFS*).

Salt

As is the case in all ruminants, chamois have a physiological need for salt (mostly in the spring). They find it in natural salt licks in the mountains but will also welcome salt blocks supplied by herdsman. Salt is thought to alleviate disturbances due to the rapid change in diet in the spring or mitigate mineral deficiency at the end of winter.

Water

Chamois rarely drink water. The plants that they eat, 70% of which grow in wetlands, supply enough for their daily needs. Occasionally, at the end of pursuit during the rut, males will eat snow. Chamois instinctively avoid the sun, reducing dehydration and allowing them to feed on the plants they enjoy the most

• Matriarchal Herds

Makeup of the group

Chamois live in groups or *herds*. A herd³ is essentially matriarchal: made up of adult females, juveniles and yearlings: male and female (note: in French there are specific names for yearlings. A male is an *éterle*, a female is an *éterlou*). A herd in the Bauges Mountains averages 20 members, their number varying throughout the year (*labile* groups). In the spring, numbers change considerably when, from mid-April to June, pre-parturient females move away from the herd to give birth to one kid. Then they return to raise their offspring through cooperation with other females in « nurseries ». In the first weeks of life, a kid never leaves its mother. Should a kid move too far away, its mother calls it back with a hoarse bleat. If a kid loses its mother, it bleats in a characteristically hissing manner to which she answers. Kids are very playful: they pursue each other, caper and prance about, slide down névés and snow banks. After 20 days, bumps begin to form on their foreheads, the advent of horns. They are weaned gradually. After their first month, their plant diet increases rapidly although mothers can still have milk in October.

As for males, they spend most of their time alone or in small bands. However, as early as in August, they regroup in preparation for the rut: from the end of October to the end of December. They can then be seen, as many as 10 at a time, daily attempting to establish prominence amongst themselves (postures of intimidation, pursuit, butting their horns, etc.).

Herd life

There can be as many as a hundred chamois in a herd but just a few individuals is also a possibility. An *alpha* (dominant) female generally leads the herd, indicating migration and escape routes. Juveniles are kept close together, under constant watch by one of the mothers, while the others feed. In the event of an alert, each mother quickly returns to her offspring and the alpha female « organizes » flight.

Research in the RNCFS in Orli (Pyrenees Mountains) and the Bauges Mountains in Savoie has revealed the existence of a strong mother-daughter bond. After having marked chamois and isards with colored flags placed on collars, ONCFS and CNRS authors submitted the idea that there is « social transmission from mother to juvenile »: a kid follows its mother for a whole year, learning where accessible territory lies, territory limits and routes. All this information is memorized. Male yearlings at one year, are excluded from the matriarchal herd, but females stay on and their « education » continues, bonding them to their mother's territory (*philopatry*).

³ translator's note: *chevrée* in French

• Life cycle throughout the year

- ✓ In the spring, chamois make the most of the food resources they can find on their territory depending on how well the vegetation has grown out after the winter. This is also the time when the spring molt occurs. The peak in births in the Bauges Mountains is May 26th but they can begin at the end of April and continue until the end of June. Less than an hour after birth, the kid can stand up. After one or two weeks, it joins the herd and is then perfectly capable of following the group.
- ✓ In summer, chamois take full advantage of the abundance of food. This is the time when they can build up fat to allow them to survive the coming winter.
- ✓ Towards end of summer-beginning of autumn, the second molt takes place: they lose their summer pelage and new hair grows in, gradually darkening their coats. Then, longer and thicker hair grows in making their pelage look almost black and giving them maximum protection against the cold. The rut occurs in autumn-winter.
- ✓ In winter, food is scarce and the mortality rate is high. Snow covering the ground hinders movement. They “« make do » with shrubs and rare grasses that poke out of the snow.

• Habitat and range

Chamois territories

A female chamois' territory is about 150-400 hectares, a male's is 350-600 (in comparison, a mouflon's is 2,500). Daily movement is essentially governed by nutritional and thermal needs. As studies have shown, chamois cover their territory during the day but do so also at night. Movement is also seasonal: in winter because of snow, in the spring to find new pastures.

Contrarily to the ibex whose ability to colonize is slow, chamois colonize actively. This is essentially the role of *éterlous* (male yearlings) who emigrate and colonize new territories, sometimes tens of kilometers away. Possibly because of social pressure, a small percentage of adult females also move to other sites (an average 4 km away, as the bird flies). Thus new settlements are established in territories where the chamois had disappeared, sometimes for thousands of years (ex. the Jura Mountains were naturally recolonized by chamois coming from Switzerland).

Geographical settlement

Chamois can be found in Europe, in particular in the Alps, the Jura Mountains, the Pyrenees, the Balkans, the Carpathian Mountains, the Sudetes, the Caucasus Mountains and others. Chamois are not demanding. Although they have preferences, they can colonize very different habitats. There are morphological differences between the different sub-species. Generally speaking, their habitats are found between 50°-37° latitude north. In New Zealand, the chamois population went from 10 imported animals to more than 12,000. Now, to limit their

proliferation, massive killings have had to be resorted to. On the other hand, an attempt in the 1960's to introduce the chamois to Norway was unsuccessful.

Altitude

It is commonly believed that chamois keep to high mountains. In fact, this is untrue. In the Alps, they retreated from Man and moved up to the « alpine level » (i.e., the mountainous level that stretches between the tree line and the snow line). However, the zones they prefer the most go from forested elevations to sub-alpine (or lower pasture) level: between 800 and 2,300 m. One must bear in mind that chamois are herbivores: foraging conditions are more difficult in higher alpine pastures and vegetation becomes non-existent at 3,000 m. However, the lack of grass at high altitudes doesn't prevent them from making incursions into such places: they have been spotted at 4,750 m, right below the summit of Mont Blanc! At lower altitudes, they are disturbed, for the most part, by Man and the things he builds. Should these be absent, chamois can settle at very low altitudes, as is the case in the Jura Mountains, the southern Vosges Mountains and in the Massif Central where they can descend as low as 600 m.

Relief

Far more than altitude, it is terrain (or *relief*) that determines whether (or not) chamois will be present. Wherever they live, one notes the presence of rugged, precipitous, rocky terrain. There is no known example of chamois living on flat or rock free land. Although they can use their horns for defence, escape is by far the strategy they prefer. Their speed and agility on rocks is second to none. They are perfectly adapted to rocky ground, cliffs and steep or abrupt terrain: the general characteristics of their feet and legs, the size of their hearts, their high red blood cell count and lung capacity all indicate this. For this reason, they seek rugged land when they need protection. Moreover, grass that grows at high altitudes is of far better quality: it can contain as much as 50% more protein and 100% more phosphorus than in the lowlands.

Climate

Chamois can live in diverse climates, in temperatures ranging from -10° to +25 °C, where rainfall is less than 1,000 or more than 3,000 mm. The chamois population in New Zealand can put up with peak rainfalls of 8,500 mm per annum. Their heavy winter coat protects them against the cold; temperatures of -25 °C do not disturb them in the least. On the contrary, they are often sighted on northern mountain faces and in other relatively shady areas: they keep away from the heat! Furthermore, they are well adapted to snow covered ground (hooves, pelage).

Forests

Every chamois habitat includes at least one forest area that provides food, lodging and protection. Contrarily to preconceived ideas, some chamois live in the forest all year round. These are called *sylvicole* or forest-dwelling populations, as opposed to *rupicole* or rock-dwelling ones that spend the summer and the fall at higher altitudes.

• Daily activity

Chamois are generally considered to be diurnal animals but recent studies, using GPS tracking, have shown that they are also active at night. Their main activities, rest and rumination, make up about a quarter of their time. They also spend quite a bit of time in movement. The rest of the day, they watch for danger and interact socially, juveniles playing with each other. During the day they alternate between periods of activity and rest, of varying duration. Members of a herd rarely all engage in one activity at the same time, although general tendencies within a given herd do exist. The seasons influence their daily schedule. In summer or in the fall, chamois tend to feed at the beginning and the end of the day, typically from 6 a.m. till noon and from 2-6 p.m., resting in between. This is when they spend the least time foraging. In winter, they graze during shorter sequences of time but more frequently over a 24 hour period. In the spring, having lost a great deal of weight, they graze almost all day. This is mainly true for juveniles, *éterles* (female yearlings) and adult females and partially true for *éterlous* (male yearlings). As for adult males, in the spring and especially in the fall during the rut, they spend a great deal of time interacting socially and watching out for danger, at the expense of grazing.

• Mortality

Winter

Winter is by far the most difficult time of year for the chamois. Males, exhausted from the rut, have drawn on their stocks of energy. Females must bear their young at a time when food is scarce and less nourishing. To make things worse, heavy snowfalls cover vegetation, making them have to move the snow away to locate food, which can be strenuous work, or climb up to ridges where grass gets uncovered more quickly. Snow also provokes avalanches that chamois can't always avoid. Juveniles are particularly vulnerable to these factors; many don't survive the first winter.

Diseases

- *Kerato-conjunctivitis*, caused by a mycoplasma infection, is a frequent chamois (and ibex) ailment. It causes eye inflammation, ulcers, and can go as far as puncturing the infected eye. The animals move about with great difficulty, sometimes their eye lens hanging out of the orbit. Blind chamois can be approached easily and sometimes fall off cliffs. Up to 95% of individuals can be infected but the mortality rate rarely goes beyond 20%. Nevertheless, it can take more than 10 years for the population to come back to its original numbers.

- *Bronchopneumonia* is specific to mountain ungulates who must withstand the rigorous climate at high altitudes.

- *Ecthyma* is a viral disease. It provokes ulcers under a crusted surface infection on the lips, nose, gums, feet and udders. This disease condemns the ungulates to a slow death for they can no longer graze.

- Among other illnesses, *Brucellosis* and hoof-and-mouth disease provoke blisters of the tongue, feet and udders.

- Among ectoparasitic diseases, there is scabies, due to a mite called *Sarcoptes scabiei*, which burrows under the skin causing unbearable itching. The animal's hair falls out in patches. Crusted skin turns grey and cracks. The chamois dies of toxicosis in 3 months.

- Of the endoparasitic diseases, there is:

- *pulmonary strongylosis*, due to a nematode, causing coughing and respiratory discomfort
- *digestive strongylosis* causing gastroenteritis
- *cestodes* whose cœnurosis has the particularity of being due to a larva that develops in the ungulate's encephalon (part of the brain), provoking nervous disorders such as deadly vertigo.

Predators

- The golden eagle

The golden eagle is one of the chamois' predators but it rarely manages to catch its prey (there has only been one attack – killing a kid – in the Bauges Mountains sighted by professionals in the past 20 years). They rarely attack an adult, the latter defending itself valiantly with its horns. Most eagle attacks fail, thus bringing their impact on chamois populations down to a minimum.

- The fox

A fox can be a problem for a weak chamois or for new-borns. Healthy chamois are not threatened by these animals and can even chase them away if they come too close.

- The brown bear

Brown bears, in the areas where they still live, will hunt a chamois on occasion. The carnivorous part of their diet is negligible, and having almost all disappeared from Western Europe, are not a serious threat to the chamois.

- The gray wolf

Considering the density of their population, chamois are one of the main preys of wolves in the French Alps, more particularly from winter to the beginning of spring. Contrarily to common ideas, a chamois will often escape from a wolf attack, especially if in good health and in possession of all its capacities.

- The lynx

Due to the way it hunts by concealment, a lynx can attack chamois of all ages and sizes. In the last 100 years, lynxes had almost totally disappeared from Europe but now they are quite present in the Vosges and Jura Mountains and are recolonizing the French Alps.

- Birds

The bearded vulture (*Gypaetus barbatus*), recently reintroduced to the Alps, will scavenge the carcasses of dead chamois, found or killed by other species. As one of nature's true refuse collectors, it is specialized in eating bones and, like its

« cousin » the griffon vulture (*Gyps fulvus*), will eat carrion. Corvidae (members of the crow family), such as the common raven (*Corvus corax*), are opportunistic and will harass weak or dying chamois in an attempt to hasten their demise.

- Hunting

Overhunting and the development of human infrastructures (trails, roads, ski resorts, etc.) had brought to near extinction several animal species in the Alps such as the bear, the lynx, the wolf or the ibex. The chamois was just as endangered: the population density was very low, until the 1960's, and its territory was much smaller than it is today. Thanks to hunting reserves, natural reserves and vast national parks, as well as the generalisation of a hunting plan in 1989 in France, chamois are thriving once more and are colonizing new territories. This is also due to translocation (more than 600 individuals captured in the Bauges reserve were moved to other territories between 1958 and 1998).

During the 2005-'06 hound hunting season, 11,337 chamois were claimed for 13,360 allocated to hunting and 2,505 isards claimed for 2,991 allocated. Chamois takings are on a constant rise while isard takings are at a standstill (ONCFS sources, wild ungulate network).

- Other causes

Avalanches or rocks coming down steep corridors can wound or kill an unlucky chamois. Malformations or intoxication can sometimes cause death (the poisonous yew leaf, fluoride assimilating plants, etc.).

• **Intraspecific interaction**

The mating season

It is thought that the rut may be set off by the shortening of daylight. This decrease in the photoperiod could cause hormonal stimulation inducing sperm production in males and oestrus in females. The rut can take place as early as the end of October and continues until the end of December. The males come join the female herd. At this time of year they rub their horns up against the trees, scrub and rocks, marking their territory with a pungent musk scent caused by a liquid contained in their supraoccipital glands at the base of their horns. This alerts the females but also wards off rivals. Females never provoke the males. They stay with their kid. The only change in their habits is the fact that they urinate more frequently, leaving a scent informing the males of the progression of their cycle and hence on their receptivity.

Male combat

Adult males are very vigilant at this time. They keep watch over their fellow creatures' attitudes; they feed quickly, on the sly and are more or less aggressive. To mark their territory, they use their supraoccipital glands or douse their pelage with urine by shaking their flanks vigorously. If a young male approaches, the alpha male simply stands still or quietly moves up to its rival while erecting its mane on end and marking the vegetation around it. At this point the beta male flees. Before making its escape, it demonstrates submission by unmistakable signs:

squatting down on its quarters, lowering its head, approaching sideways and touching the alpha male with its muzzle. Sometimes it even urinates in female fashion. If two males of equal status meet, a battle ensues. They engage in long pursuits, butt their horns and sometimes even strike each other on their flanks or undersides. This phase of the rut still remains relatively unknown. Present studies in the Bauges reserve show that strict polygamy with an alpha male chasing away all rivals is far from being the general rule.

Male - female attitudes

When a male is only a few meters away from a female, it takes on a dominant attitude. It makes itself as imposing as possible by rising up on its hind legs, pulling its head back, bristling its mane, stamping its forelegs. The female is usually alarmed and gallops away, the male in pursuit. Most of the time, she is with her kid. This is an impediment for the male who threatens the kid in an attempt to chase it away. The mother returns to her young once more and the male has to start his approach all over again. Occasionally a female will be totally indifferent and continue grazing during coitus.

Mating

Males are polygamous. Chamois (male or female) attain sexual maturity at 18 months. After the rut, males are exhausted and go back to living alone, sleeping a great deal. If winter comes early or is too harsh, they can die. Dominant males, who succeed more often than others, can lose up to 25% of their weight from the beginning of November and the end of December.

Gestation and birthing

The chamois gestation period is 24-25 weeks or about 170 days. Females give birth between the end of May and the beginning of June. A female has just one offspring. At this time, the mother parts with the offspring born the year before, now become yearlings: *éterles* or *éterlous*.

New-borns

Droppings happen very quickly (10-15 minutes according to observations in Les Bauges). The mother then licks the new-born kid until it is dry. Birthing sights vary. In the Bauges Mountains, they have been found: on north-facing scree, at the foot of cliffs, in forest « tongues » facing east and in mid-grassy/mid-rocky areas facing east. At birth, the new-borns measure about 50 cm long and 35 cm at the withers. Within an hour, it stands up on all fours. A week later, the mother and kid have come back to the herd. Soon it is playing with its peers. Chamois milk is very rich and the kid gains an average of 100 g a day. After 2 months, it weighs between 9-10 kg and has been grazing for a month.

• Interspecific interaction

Cohabitation

- Chamois w/ sheep in small local herds or well-tended *transhumance* (herds that migrate seasonally up to high pastures), enclosed in pens at night, or small herds of cattle:

relations are good, and although they don't graze beside livestock, chamois will benefit from quality pastureland that is not overgrazed.

- Chamois w/ roe deer or marmots:

live in harmony, alerting each other in case of danger. Roe deer are more adapted to forestland. They give a short bark. The marmot whistles to signal danger.

- Chamois w/ ibex:

cohabitate relatively well on the same mountain massif. However, their needs differ. In the spring small groups of ibexes, in search of newly grown grass down in the valley, come close to humans and fields, contrarily to the chamois. In summer, during the rut, the ibex is satisfied with short grass and lichens growing on the steepest slopes and ridges.

Competition

- Chamois w/ sheep, small or large local herds or transhumant ovine populations left to themselves:

this type of herd is very disturbing for the chamois. Competition for food is equally detrimental in its winter habitat. This type of herd is a common vector for disease such as infectious kerato-conjunctivitis, foot rot (*Dichelobacter nodosus*), scabies or brucellosis.

- Chamois w/ stray dogs (rare) and, more particularly, poorly trained sheepdogs or hunting dogs:

dogs chase chamois and disturb their tranquillity considerably.

Relations with Man: shepherds, farmers, hunters, hikers

The chamois is very shy and circumspect in its relations with Human beings, especially on hunting territory. It is more tolerant towards humans if they stay on mountain paths. Chamois cannot tell the difference between a hiker, a logger, a shepherd or a man carrying a gun. Only the way the man moves and the routes he takes enable them to tell men apart. A hunter walking along a well-known and much worn path will be less feared than a lone hiker climbing up a steep slope.

Activities such as skiing, helicopters, gliders or paragliding can be extremely disturbing for chamois.

On the other hand, by eating the tips of conifers, chamois can imperil their growth.

Sources

- Catusse, Michel et al. *La Grande faune de montagne*, Editions Hatier
- Jullien, Jean-Michel. *Le Chamois – Biologie et écologie, Etudes dans le massif des Bauges*, Biotope Editions
- research by the *Office National de la Chasse et de la Faune Sauvage* (ONCFS) and the *Centre National de la Recherche Scientifique* (CNRS) on the *Réserve Nationale de Chasse et de Faune Sauvage* (RNCFS) of Orly and of the Bauges Region (in Savoie and Haute Savoie)
- Weber, Éric. *Le Chamois et l'isard*, Ed. Delachaux et Niestlé
- Wikipedia in French

Société Hahnemannienne Dauphiné-Savoie Proving

performed from May - June 2007

Key to abbreviations:

(NS) = new symptom

(US) = unusual or uncharacteristic symptom

(RS) = recent symptom (appeared recently or since the beginning of previous year)

(OS) = old symptom (no longer manifest as of certain date)

(MS) = modified symptom (recent or old symptom modified since having taken the remedy ex. previously on left side, now on right side).

Mind

1. A certain pleasant torpor, want to keep warm. (1, 12CH, 02.00.00)
2. A little slowed down. (2, 5CH, 00.11.38)
3. Feel a little hyper with the impression of being spaced out (foggy brained) and afraid of nothing. (Prover's note: I sometimes go into things head first, but this « fear of nothing », of only seeing the goal and not considering the risk involved, is amplified). Yesterday while driving, less attentive, more high strung. And while grocery shopping, I talk with the cashier then go to leave. She calls me back « You haven't paid ». That's the first time that happens to me. It cost 100€ too bad she noticed. (2, 5CH, 01.12.00)
4. Life is more relaxed. (2, 5CH, 01.12.00)
5. This morning, I finally gave two phone calls that I had been putting off for the past two months. I feel more of the will to go out and do things that normally require an effort. (2, 5CH, 01.12.00)
6. The general feeling of the proving is one of excitement, of curiosity, of joy. Reading myself over, I am surprised at how uninhibited I am. Even if I sometimes go through phases of hypomania, this was keener. (2, 5CH, 58.00.00)
7. Memory lapses. (2, 5CH, 01, 00, 00)
8. Hyper, joyful, intolerant to being contradicted. (2, 5CH, 02.02.21)
9. Joyousness with urge to sing, still hyper, lively, pleasant, it makes my cats laugh. (2, 5CH, 02.02.22)
10. Wake up in a good mood, felt hyper again and « wacky », efficient at house cleaning, vacuum cleaner banging everywhere! (2, 5CH, 02.03.09)

11. Hypersensitive, very thin skinned over the past two days, easily emotional (annoyance, anger). Driving, a pedestrian had better not cross, I want to go straight to the target! (2, 5CH, 02.03.22)
12. This remedy has opened me up; making contact easier, lighter. (2, 5CH, 60.00.00)
13. Full of energy, while grocery shopping. (3, 7CH, 00.01.30)
14. All morning, feels very energetic. (3, 7CH, 01.00.00)
15. Changing moods. Annoyed that M. has been invited to the new neighbors', when she is away staying at a friend's. I should be happy that he isn't alone while I'm away doing as I please and leave him all by himself... I'm getting nasty. (3, 7CH, 08.00.00)
16. Did a lot of phoning and I notice that I lose patience quickly. Easily irritable. (3, 7CH, 09.00.00)
17. Full of energy. I'm back to my usual self. Busy day, no sign of fatigue or weariness as was the case recently. (3, 7CH, 11.00.00)
18. Sensation of having lots of energy. I take on a major job, scraping all the bathroom tiles down by hand with a spatula. (3, 7CH, 12.00.00)
19. Easily irritable. (3, 7CH, 19.00.00)
20. Irritable or rather less patient. (3, 7CH, 20.00.00)
21. Rather calm this morning in spite of some not very cheerful dreams. (6, 7CH, 02.00.00)
22. I can't stop since this morning at home putting things away, sorting, throwing things out, cleaning... you'd think I couldn't sit still for 5 minutes... this can happen, but this time it's really too much and no weariness, no regrets that I didn't do something else like go for a walk in this beautiful weather! Or even just do nothing for a while, read a book. (6, 7CH, 03.00.00)
23. Same need to be active all afternoon, I had a mountain of sewing piling up for months, I polished off three quarters of it! (6, 7CH, 03.00.00)
24. Notion of rapidness that I perceive in my behaviour over the past three days, I think of something to do, I do it, not new but what's less characteristic is the way this state recurs and continues. (6, 7CH, 04.00.00)
25. I ask my daughter if she hasn't noticed anything particular in me these last few days. She says no, nothing except your mania of wanting to renovate everything which is really exaggerated! (Referring also to herself of course because I was somewhat forcefully made her clean up yesterday). (6, 7CH, 04.00.00)

26. A morose feeling I have been dragging around recently: is it linked to the proving or to my path at the moment? Whatever, I note: morose but calm, impression of distancing myself from my friends. (6, 7CH, 24.00.00)
27. A thought I had these days: over the past month I've had the opportunity to see 3 people that I hadn't seen for more than 20 years... coincidence? (6, 7CH, 33.00.00)
28. Leave home 20 minutes late. (7, 30CH, 00.03.00)
29. Don't feel like talking; just watching (the morning). (7, 30CH, 00.04.00) At the open air market at noon, a merchant offered to give me a glass of champagne, another offered an apple. (7, 30CH, 00.05.00)
30. I have a vision of a baby on a woman's low-cut blouse, very maternal, (return of very old symptom which can appear when in a state of relaxation, or at times like this, alone in Paris contemplating paintings at the *Musée d'Orsay*). (7, 30CH, 00.06.00)
31. I appreciate the bright colors in the fields in the late day sun. Sensitive to the orangey color of the walls at the conference center. Perceive colors more acutely, yellow/bright green/dark green. (7, 30CH, 00.10.00)
32. I go back to work (after a holiday): get there in the nick of time, and realize that I have forgotten the office keys, have to go back home to get them which makes me 30' late. (N.B. doesn't usually forget her keys, but is often late!) (7, 30CH, 04.00.00)
33. Calm, I can't seem to get moving at work in spite of everything that has piled up since vacation. (7, 30CH, 04.00.00)
34. Lack energy, tired at night like 8-9 years ago, want to go straight to bed as soon as I get home. (7,30CH, 09.00.00)
35. Feel sad and morose, agg. by gray skies and rainy weather, annoyed at not being able to go out and garden. Next day, same mood in spite of the sun. (7,30CH, 10.00.00)
36. Desire for solitude and hesitation to go visit my old mother, can't seem to decide to do it. (7, 30CH, 10.00.00)
37. Constantly disgruntled, there is a « lump » in my chest, as if from sorrow. (7, 30CH, 12.00.00)
38. After reading a novel about a man who had found his old love once again (she had decided to look him up because she was dying and wanted to sense⁴ him one last time), I felt a surge of tears thinking of all the things I never said to my mother, that I must tell her while she is still around. (7, 30CH, 15.00.00)

⁴ translator's note: the French verb *sentir* refers to both the sense of touch and the sense of smell

39. Surge of tears after going to the movies, in a Korean movie a little boy is sent to stay with his grandmother, who is mute. She wins him over little by little, he holds back his sorrow leaving her in the end. (7, 30CH, 16.00.00)

40. Morose (7, 30CH, 17.00.00 and 7, 30CH, 18.00.00)

41. Vexation, sadness on a rainy day off. I undertake things without finishing them. I end up going out to plant some flowers in the rain, they had been waiting for the past 10 days, they look pathetic, eaten by slugs, I hope they manage to recover. (7, 30CH, 19.00.00)

42. I have to call my old aunt who isn't very well, I wait until evening to do so, I am relieved once it's done. That's me alright, I procrastinate when something unpleasant needs to be done, it gets to me and spoils my day but I can't find the energy to do it. (7, 30CH, 19.00.00)

43. On my way back to work after a two and a half day break, for a second I wonder what I do for a profession! Like a blank! Hard to hitch the wagons back up together⁵! (7, 30CH, 31.00.00)

44. It's Mother's Day and I'm glad I invited my mother, I'm trying to get her to come to a better understanding with her sister (at 91 and 93 years of age, they still bicker!) In the evening, driving home after having brought her home, tears come to my eyes! I feel moved and full of love for her (when I've always had the impression that she never understood me, and she's always right!) (7, 30CH, 35.00.00)

45. I'm fed up with the way my companion is constantly making comments and criticizing everything I do (characteristic). But this time, I go out to hang laundry crying, I'm crying all by myself, my daughter notices and asks me what the matter is. This reminds me of my mother – when I was 16 – crying because of my father's lack of understanding, finding him mean and making me a witness. I have the impression I'm doing the same thing. (7, 30CH, 42.00.00)

46. Make mistakes speaking: once I made a mistake naming a remedy, I only remembered the next day. Got my two daughters' names wrong, more than usual. (7, 30CH, 60.00.00)

47. Sensation of self-disparagement. (8, 5CH, 22, 00, 00)

48. Ambivalence – “rather irresolute” says the prover. (8, 5CH, 22.00.00)

49. Belligerent conduct. (8, 5CH, 22.00.00)

50. Suspicion, quarrelsome. (8, 5CH, 22.00.00)

51. Feel fine. (9, 30CH, 06.00.00)

⁵ translator's note: *raccrocher les wagons* meaning get back to work

52. Very irritable. Lost my cool with my mother. My words went beyond my thoughts. (9, 30CH, 06.00.00)

53. Basically irritable. (9, 30CH, 07.00.00)

54. I caught up doing lots of things that were late, picked up around the house, finished 2 books I was reading. (9, 30CH, 09.00.00)

55. Irritable with my daughter, she never finishes her sentences. (9, 30CH, 12.00.00)

56. Joyous mood, a little euphoric, all the outer conditions have come together for this: my friends, the people around me all notice and say so. I am a little exuberant and laugh easily; have laughing fits. (10, 9CH, 04.00.00)

57. Rather euphoric mood, crack up laughing even by myself. (10, 9CH, 16.00.00)

58. Wake up with the sung sentence: « Cadet Roussel a trois maisons, Cadet Roussel a trois maisons »⁶ repetitive, joyous, cheerful, no other association. (10, 9CH, 03.00.00)

59. Strange sensation of being cut in 2 transversally. (11, 12CH, 06.00.00)

60. While having insomnia at 4 o'clock in the morning; thoughts are churning in my head. I'm almost relieved when I come to realize (perhaps) why I feel so ill at ease⁷. I let myself get swamped with chores, things and situations that I can't deal with; hence I am constantly behind and stressed out. The solution would seem to be to evacuate what is superfluous, ancient, to make room for new situations, more adapted closet space, allowing me to turn the pages, move on, make room for myself (both literally and figuratively), my room... (Prover's addition: during this insomnia I had a sort of clairvoyant vision of the lack of time and space which keep me from making room for other things, as I said, both literally and figuratively. Since then, I have done nothing tangible, I just feel guilty for not having budged one inch, for not having begun this great personal – and physical – house cleaning, when I am convinced that it would be very beneficial. I feel that I really came to realize something (which yet remains to be done!) Nevertheless one small step forward: I made an appointment with a psych to try to work on all this: the room I make for myself, my place among others). (13, 7CH, 10.02.00)

61. Notably irritated, little patience. (14, 5CH, 01.00.00)

62. Calm, not irritated at all as compared to usual. (17, 9CH, 02.00.00)

63. Positive energy and a certain light-heartedness. (17, 9CH, 02.00.00)

64. I feel more « zen » than usual. (17, 9CH, 03.00.00)

⁶ translator's note: a popular French children's song

⁷ translator's note: *malaise*, also (*mal être*) = ill-being

65. Less uptight than usual, minor worries disturb me less. (17, 9CH, 04.00.00)
66. I notice that I haven't been particularly irritated in spite of the fact that I have my period today. Usually I'm on edge two days before. (17, 9CH, 06.00.00)
67. I have felt rather light-hearted over the past three days, like when I was a child and was joyous. I find nature magnificent and I almost want to sing. (17, 9CH, 06.00.00)
68. Impression of being more zen than usual; very little affected by worrisome situations. (17, 9CH, 07.00.00)
69. I have always loved music, singing, but it seems that this is keener than usual. (17, 9CH, 07.00.00)
70. Sensation that my mind is clearer. (17, 9CH, 07.00.00)
71. My colleague says "You're in great shape this morning!" Indeed, I feel full of positive energy! (17, 9CH, 10.00.00)
72. Good energy, I undertake renovation work in the house and I like it. (17, 9CH, 12.00.00)
73. Irritable today, feel I don't want to be disturbed in my activities. (17, 9CH, 13.00.00)
74. I really feel that for the first days of the proving, I was a bit above things, easily flying over events without any difficulty. Actually, now I am back to my normal state. (17, 9CH, 15.00.00)
75. I particularly enjoy music at the moment, this is characteristic but keener now than before. (17, 9CH, 27.00.00)
76. I feel the need to be with my family (parents, brother, sister...), which is characteristic of me. Whatever, this is what I feel, so I go to my parents' house with my husband and daughters, and we spend a very pleasant afternoon. (17, 9CH, 29.00.00)
77. Less worried about the future, more carefree. (19, 30CH, 03.00.00)
78. I feel radiant, optimistic, ready to start new projects (confirmed by husband). (19, 30CH, 03.00.00)
79. My usual character has come back "a tendency to carry the world on my shoulders" (says my husband). Less carefree and more worried by mundane things. (19, 30CH, 07.00.00)
80. Wake up with a feeling of guilt. (20, 5CH, 02.00.00)

81. I invite friends over. Well organized. Didn't panic during preparation. (20, 5CH, 03.00.00)
82. Alone with the children, quiet day; no conflicts, good harmony. (20, 5CH, 08.00.00)
83. Alone with my children. Total understanding with my teenage son (17) who comes home from a party at noon. No anger, no inner exasperation. I feel more relaxed than usual. I just want to take care of him. Harmonious meal; no « sharp » (aggressive?) attitude. (20, 5CH, 07.00.00)
84. In the morning, impression of having trouble concentrating, and reacting more slowly than usual. (21, 9CH, 02.00.00)
85. After 6 PM, on several occasions, I use the wrong words; I say « portable » for ECG. (21, 9CH, 02.00.00)
86. Feeling of being calmer, less irritated. (21, 9CH, 03.00.00)
87. Still sensation of being calmer, more efficient, and sense of humor comes back with my kids which allows me to neutralize minor mundane conflicts. (21, 9CH, 04.00.00)
88. Sensation of exasperation and irritability because of all the things that still need to be done, after an overloaded week. (23, 30CH, 00.00.00)
- 89a. While doing the bookkeeping, I make several mistakes counting out the cash. (23, 30CH, 00.00.00)
- 89b. On a psychological level, calm and feeling of well-being. (23, 30CH, 01.19.00)
90. At the office, I get pissed off at the spams that clog up my mail box, I swear at the bastards who waste all their energy « bugging other people », I rant and rave. (23, 30CH, 01.19.00)
91. Over the past month, whereas I had the impression of no longer having any symptoms, I notice the aggravation of an old tendency of mine to be absent minded; I can't find my car keys, my cell phone, my credit card right when I need them urgently. In general, the object has been forgotten in the most unlikely place. After several instances of this, I have negative feelings about myself and about my absent mindedness "I am so stupid. How could I be so stupid?" Little by little, with each new recurrence, I feel the anger rising more and more with each new episode, I shout, I hit my head violently (never did that before!). One night, after a long day, I get ready to leave the office with my keys in my hand. Right when I go to lock the door, they are gone! It's enough to drive you crazy! I look everywhere; I spend 20 minutes opening drawers, double-checking 15 times. "What a jerk, man!" I am desperate at what a jerk I am, the anger surges, I take an armchair and throw it across the room. I find my keys on a bookshelf, somewhere I never put them. I have never done anything like this before. As soon as, for the hundredth time, I

lose something again, I get angry instantly and get the impulse to throw things, to end it all and throw myself out the window (something I would never do). When I was mad, I had this frenzied look on my face, said my companion when I yelled at her for almost nothing... The prover ended up anti-doting with *Belladonna* XM based on repertorization (throwing objects, anger at one's mistakes, suicidal tendency by throwing oneself out the window, knocking one's head against the wall, knocking one's head, forgetful, Agg. with mental effort, agitated feet while sitting, gesturing with fingers). Addition : "My (female) companion underlines the fact that when I was so angry, my eyes were bulging out of my head, gestures were nervous, jerky, I kept moving all the time, in constant agitation, tense body, protruding chin, like someone violent, a bulldog... No ability to listen, kept interrupting, forgetting what I had said before, changing my mind constantly." (23, 30CH, 52.00.00)

Dreams

92. Dream: we want with my (male) companion to go do some rock climbing. We end up in a strange place, there's an enormous metal suspension bridge where men are aid-climbing with unbelievable equipment; others are doing exercises on the ground, hoisting themselves up step by step lying on the side putting their weight on their left shoulder and their knees, like military crawling on their bellies through disgusting stuff, like on an obstacle course. All this seems very warlike and makes me feel rather uneasy because this isn't exactly my idea of rock climbing! The vertical movement had turned into a crawling⁸ movement. I wake up. (1, 12CH, 01.00.00)

93. Dream: I go past a house under construction, enormous full of bay windows, but with a distinctive feature, it has been built with a road going right through it. The house starts at the bottom of a field and goes up following the road, crosses it and ends in another field. It gives the impression of being totally integrated with nature. I ask the architect how much it costs: a million euros. I think to myself that it's too expensive but I like it a lot. (1, 12CH, 11.00.00)

94. Dream: I am walking on a busy street in a foreign town. Suddenly I see paper bank notes poking out of a cash dispenser as if it were at the entrance to a casino. Without thinking, I start pulling the bills out, they come out easily in large quantities, everything that has been played during the night and I stuff both my jacket pockets. Then I wonder until I wake up how I am going to manage to hide them and go back over the border without getting caught by customs police. I wake up relieved that it was only a dream and yet a little disappointed (dream reminds me of *Kalium bromatum*). (1, 12CH, 11.00.00)

95. Dream: we have all come together to celebrate Jean-Marie's birthday (JMT is one of the proving investigators); we drink delicious champagne straight out of the bottle. We go back and forth in a very beautiful place above a swimming pool all lit up, at one point I see JMT completely drunk staggering and trying to get sober by holding his breath in an ice bucket! At another time I notice a very strange child

⁸ translator's note: *ramp* meaning to crawl on one's belly

wearing a dress that goes down to her feet, florescent pink and moving around drifting like an air cushion without walking, at high speed. I say to myself that she must come from somewhere else... I see a very beautiful woman too, with long black wavy hair and an unbelievable face, like a magnificent Indian...

At the end of the party, a friend comes to pick several of us up in a sports car and says very proudly: "in 3 hours we'll be in Paris". Hating fast cars, I decide to get out. When I wake up, I have the perception that this is the first time since taking the remedy that I feel that all of us, the prover as a group, are bound together by this proving, and not individually each one of us at home. (1, 12CH, 14.00.00)

96. Dream: I drive through the neighborhood of my childhood with my parents: everything has changed, they have torn down the housing project, villas that used to be there and replaced it with a gigantic chain supermarket and behind that, there are tall buildings like the ones they used to put up in the 1960's, some of which have been wrecked, I say to myself "What they have done really sucks!" Feelings of regret, of nostalgia, I am disgusted, what a waste! (In fact that lot of villas hasn't changed, a few houses have been built in the neighboring field and are very pretty!) (2, 5CH, 00.20.00)

97. Dream: I see a woman cyclist on TV, a little heavy with a square build, lots of reporters around her like in the 60's with old cameras (my dream is in sepia, just like the one before). All of a sudden, a look comes across her face: she wants to reveal a secret, to be recognized and accepted the way she is: she is being filmed on television and this is on the news, live, she can't back out anymore. Raising her arms up into the air, she shows, through her tight cyclist clothing, a third breast on the back side of her right arm. And since I don't really understand this dream, I don't really know why but the end part, the « coming out », replays once more. And this time she holds herself up, and you can see, through her clothing drenched in sweat, two breasts one on top of the other on each side. In the TV coverage, there are at least two male cyclists disgusted at seeing such a thing. I am upset because they knew her before and liked her when they didn't know. Now they turn their backs on her, because of a stigma received at birth that she is not responsible for, and that she had wanted to show her fans to show how much she trusted them and out of honesty towards them. I feel the injustice of this and also incomprehension (N.B. I have no birth defect). (2, 5CH, 00.20.00)

98. Dream: in normal color this time! A serial killer is slitting cats' throats. In fact it starts with a picture where this killer grabs me from behind, his knife is under my throat. Then an « off » voice says something like: "it's the method of action of the killer", but I feel nothing, neither fear, nor pain. Then I see this knife under the throat of a gray long-furred cat (about 8 months old). It has blood under its throat and the knife goes all the way around. It's strange because the cat is looking straight ahead with a normal expression on its face, as if nothing were wrong, it isn't afraid, nor in pain. As for myself, having seen this, I feel nothing, it isn't like a nightmare at all and that's how the dream ends. No one dies, not me, not the cat. The last image is of slight bleeding coming from its throat which looks superficial. It was like a documentary on TV... What happened, did we swallow the boob tube or what? (2, 5CH, 00.20.00)

99. Dream: a child is having a tantrum on the floor; the doctor says that this agitation is the after-effects of a volcano. (2, 5CH, 02.00.00)

100. Dream: of guilt (I can't remember the details). (2, 5CH, 12.02.00)

101. Dream: of an orgy, I am not part of it. (2, 5CH, 02.12.00)

102. Dream: I meet with the pope John Paul II in the village I grew up in. I go see him alone where he is staying by himself and ask him how he is doing and say that I am glad to see him. Then I go prepare the house and the grave where he wants to go... (3, 7CH, 02.00.00)

103. Dream: I was driving a sort of tractor on which I was perched very high up. Driving in a little village I have forgotten the name of, in which all the streets were cluttered with tractors with trailers. There were so many of them that the traffic was jammed. You kept having to maneuver to let others go by, wend your way through, etc... each time I left with the tractor, I got up from table leaving my dessert, and it was never there when I got back. (3, 7CH, 02.00.00)

104. Dream: we are all at table, sitting in a picnic area at wooden tables with benches. Across from me are two young people (girls or boys?) and I am facing them bare breasted!! (this is unusual for me). I can perceive people around us. All of a sudden there is a gust of wind, I'm cold and I get the sensation that the tips of my breasts have hardened. That's all. (3, 7CH, 06.00.00)

105. Dream: the kid (a girl) we were taking care of threw up on my brand new homeopathic dictionary and onto all my books that were all spread out on the tiled floor. She was running all over and getting it onto everything, I couldn't stop her. I was trying to wipe my books and my papers, but was totally disheartened, it was impossible to clean, it had gotten all over. (3, 7CH, 10.00.00)

106. Dream that woke me up, I am writing in the dark at 2:45 p.m. A guy in a train, naked on a bed. 3 women: myself and 2 other very young ones. One of them, in the bed next to him, is holding a blanket up tight around herself all the way up to her eyes. She is afraid. The other one is in a bed farther off. I had made my bed, I now take it apart. "Because of me?" asks the man? "Yes!" "Because of my fleas?" "No! You're big and strong... 3 women, all frail except me. Put yourself in our place, the way things are going these days." So we packed up and left. The conductor gave us other seats. This is the second time that I dream about nudity and that's not habitual for me. (3, 7CH, 21.00.00)

107. Dream of preoccupations at work. (4, 9CH, 03.00.00)

108. Dream: I show up, sort of late, to a place where a small number of people are assembled, around a well, and I get there right when someone, who had climbed up onto the ledge of the well, jumps in and disappears, and I then realize that that person was my mother (didn't have her traits, and my mother died 20 years ago) and that she was waiting for me to get there to commit this deliberate act of taking her own life, with the family, her loved ones, all around her, a sort of deliberate end of life ritual (as Indians or other ethnic groups have) because she knows that her

time has come! Strong impression on me, she « disappears », first she's there, then she isn't there, almost as if she had vanished into thin air... (6, 7CH, 02.00.00)

109. Dream about a man I knew almost 25 years ago, and I hear or I realize that he is dead... and it's strange to think that I can have touched him and that his body is now that of a dead man... strange... (as far as I know, I don't have the slightest notion that he be really dead at the present time). (6, 7CH, 02.00.00)

110. Dreams at the end of the night, have a hard time catching hold of them. (6, 7CH, 03.00.00)

111. Dream of a festival that ends in a village, people go home in semi-darkness, the impression of sharing the event together, and the separation that ensues; and in the same place, the idea that this takes place on a hill, the village is perched up above and there is a château down below, access to the village is blocked by gendarmes⁹ and to go on up, you have to go all the way around the village through the lower section, taking a road that seems impossible to me (looking from out of a window up above), going around some houses behind the castle wall, too narrow and caved in, in some places. (6, 7CH, 03.00.00)

112. Dream about a hysterical girl having a fit at the dentist's, he incensed, his assistant is too, but the girl keeps going on and ends up falling in love with the dentist, she gives him an expensive watch as if she were totally manipulating him so that he would love her too, she gives him several *rendez-vous* at the end of the day, tells his wife a far-fetched story about her mother-in-law to explain about the watch. (6, 7CH, 03.00.00)

113. Dream in which I see my eldest daughter go up a slope with a rope lift but in the grass, in her PJ's as if she had just woken up. (6, 7CH, 03.00.00)

114. Dream of the last image of a sunset darkening the clouds, I can see the orangey-pink color of the sun well and the great storm-grey clouds gradually taking over and turning everything into semi-darkness. (6, 7CH, 03.00.00)

115. Dream: I am swimming maybe on the side of a lake, I can't really see; what I do see is the lake bottom of the water, and I realize that there are tiny sharks (on the bottom of the water) and that maybe I had better get out... which I do; and I get like this itch on the lower part of my right leg, above the ankle on the outside, and it's as if there were, right there stuck onto my leg, the shape of a fish and you can see its mouth opening regularly, the way fish do, same aspect as if it were halfway buried under the sand; there is no lump on my leg, so I take a small stick to make it fall off from there and that's when I realize, and it hurts, that it has put a hole in my flesh where it was stuck onto! This made me come up out of my sleep a little but finally I ended up dozing off again, but I remember it well, as well as the painful sensation of the raw wound!! (6, 7CH, 06.00.00)

116. Dream: I'm walking in the countryside, very green, sky is storm-grey on one side, some hunters in the distance, brown cows nearby, and all of a sudden, one of

⁹ translator's note: French policemen

the cows starts to run in an peculiar way, and I realize that there is a dog between its forelegs; first I think it's one of the hunters' dogs come to pester the cow, but then I see that in fact the cow is carrying the dog, which is small, to protect it from the assaults of a very large bird, a hawk, or rather some sort of eagle, trying once more to take back its prey, and the cow keeps the dog or puppy in between its legs and strikes with its horns when the eagle comes on, but it's not very easy for a cow to carry the dog, it falls and runs every which way not knowing where to go, the eagle catches it, but, hindered by the cows that come to strike it with their horns, lets go. The dog runs, everywhere, and races towards me!! big question: what should I do? I'm not the size of a cow, that eagle scares me, I look around and see a thicket of trees and think that maybe I can grab the dog and run over there... but then, in the dream, something visual happens afterwards, a circle, like a telephoto lens, with the sensation of zooming in and out, as if trying to come into focus, onto something brown and green that I can't identify, maybe a part of the landscape... this impression was so keen that it woke me up, and I wondered if it wasn't like in the eye of the eagle, focusing to seek its prey. Really an amazing dream, a sensation like I never had in a dream before. (6, 7CH, 08.00.00)

117. Dream in which I see an old friend come and make advances – all the way to my bed, but things don't go any further. (6, 7CH, 09.00.00)

118. Dream: in a rather cluttered house that I don't particularly recognize, there is a sort of indoor fountain, rather large, looking like a lengthwise table, the surface of the water looks like a piece of fabric and I'm watching out lookout for movement, bubbles coming up from underneath, and I expect that I'll see a fish appear... but it's on the edge that its head comes out from, between the edge of the pool and the fabric, and in fact the fish's head turns into the head of a snake, then a second one: they keep poking in and out from under the water in various places, I don't feel good about this at all, I talk about it to a girlfriend, she doesn't see the one that is getting out of the pool and is slithering under some furniture, then another much bigger one is wrapping itself around the leg of a small pedestal table, I try to keep my feet in the air... and I wake up feeling very ill at ease. I don't usually dream of snakes, it happened to me during a proving for another remedy, and it wasn't threatening or felt to be so, not like the ones this morning, because they were popping out from everywhere, so many that when I got up I still had the impression that they were going to come out all over the house! Not a pleasant dream at all, and I find that the animals in these few last dreams aren't very nice, the water element has back twice now (there was the well in the beginning). (6, 7CH, 09.00.00)

119. Dream not memorized completely, but two fragments where I see myself in a car driving on the wrong side of the road, two fragments no link one with the other. (6, 7CH, 11.00.00)

120. Dream: a woman not pleased, she seems to be the owner of a lodge in the mountains where I stop over with some other people. (6, 7CH, 15.00.00)

121. Dream: of a man's face but can't see his eyes anymore, like just one large orbit but rather towards the left, with a skin drawn taut over it that works like a TV screen and the whole problem is to figure out how to remove the skin to bring him

back to his normal state! (as I write this, it evokes something in my personal life, but nevertheless the image is surprising, and the idea of a snake came to me on waking because of that empty look, both hypnotic, and hypnotized.) (6, 7CH, 15.00.00)

122. Dream: the sensation of being in blind lavatories (having no openings), narrow, and of not knowing how to get out, something smooth and neutral where the light goes out, and the impression that there is no one around to help me make it out of there. (I think finally that there are pretty many sensations, real or imagined in visual dreams...). (6, 7CH, 15.00.00)

123. Dream: there are some people all around a woman, a political VIP passing through, she is talking and shaking hands, and she speaks to me incidentally, as if we knew each other well, then everyone goes away, and I end up standing there, in some kind of main hall in a train station with a few other people; and it's as if I were going toward one, then towards another but dancing, and in fact it's fun dancing there, now that the crowd has left us, as if we were of no interest to them. I wake up with this sensation of dance addressing myself to people. (6, 7CH, 16.00.00)

124. Very clear dream but impossible to hold onto, just an atmosphere, both sad and serene, and the term *serpent* that comes back to me, though I'm sure that there wasn't any in the dream!? just an atmosphere similar to the one in the last dream, a little lonely, forsaken, and yet a sort of well-being, calm moroseness, peaceful. (6, 7CH, 18.00.00)

125. Rather complicated dream of which I only remember a fragment where I am trying to protect or hide someone (a woman or a child?), and to do so, in a field, I manage to cover him/her up with tall grasses, yellow like straw, because it's from the sky, maybe from a plane or from a helicopter, I don't know, that she might be seen, and I'm trying to hide too, and thinking at the same time because I know that they're going to bring whatever they need to cut the grass and we'll have to find another hiding place, so I move closer to a very tall haystack, cut into cubes all piled up (as if the field had been reaped already) and I mention something about dropping hay on top of us maybe, I don't really know if all this is a game or real danger... but on waking, it reminds me of the story about the eagle, the cow and the little puppy (the field, protecting, seeing from above...) (6, 7CH, 21.00.00)

126. Dream that I feel is rather personal but I'm writing it down, at least what remains of it, in other words the notion of separation (the idea of my ex-husband, without any sadness or anger) and the idea of a very strong kiss with a sensation of loving very much (another man or the one I am leaving, this doesn't seem important, just the feeling of loving very much) then the notion of a garden, or more or less at the same time, and of a water bill to pay, which seems very expensive, at least the part that I am supposed to pay, 100 l's (!!) out of 800 l's (!!) in this place with joint-ownership and where I don't have an apartment (!!). It's kind of all mixed up, but that's the general idea of the dream, which, once again, I perceive more as something personal, not in the strange and disconnected tone as some of my last dreams, so very unusual. (6, 7CH, 26.00.00)

127. Dream: I hug my mother tight in my arms, her head (not a usual gesture for me). (7, 30CH, 02.00.00)

128. Dream: I am at work, I have forgotten my computer, I'm already 10' late. I say to myself that if I go home and get it, it'll still maybe be alright, I won't be too late (about an hour). In fact, afterwards I end up thinking that I can do without it and fill out the health forms on paper (that's what often happens in my dreams: I get all worked up over something that could go wrong, or become serious, and in fact, I find a solution to « deflate » the problem). (7, 30CH, 02.00.00)

129. Dream: I am making a meal: the main course is baking in the oven; I start to wash the green salad that I had forgotten to prepare. A neighbour comes over saying that my companion has invited him over for dinner and asks if it's ready. He is with another man who I don't know. He says he wants to shave his beard off (which he doesn't have, in fact). My companion shows up and tells me that we are leaving now, I follow him, we leave by car, I am driving, he is eating a yogurt next to me. I realize that I had obeyed him without question; that we haven't eaten, that we have left the girls to take care of the guests... consternation. Things had not been done in the right order; I broke my word to the neighbour (who has in fact never eaten at our house). (7, 30CH, 03.00.00)

130. Dream: my eldest daughter is waiting impatiently that the mother of a girlfriend in her class give birth. Then I bump into the mother with two of her daughters and I see that she doesn't have a big belly anymore. I say to her "But then it's done, you've had the baby, what is it?" "A 6th daughter!" (she has, indeed, had 5 daughters already, one of which is deceased). And she goes on to tell me that her eldest daughter is also expecting a baby. I rush towards my daughter's classroom to tell her the news and then I think that I should really be announcing this to the baby's sister, and to her other sister also, who are both at school also. (7, 30CH, 04.00.00)

131. Dream: two young boys come out of consultation. There are three more in the waiting room and two others come out from other rooms: they are all brothers, 5 orphans. The elders take care of the younger ones. But they have no qualms about going all over the place in the apartment and I wonder what they have touched or if they can have taken anything. (7, 30CH, 07.00.00)

132. Dream: I get there on a Sunday evening, the day before school starts, to a boarding school that I attended from kindergarten to middle school (but I was a non-boarder). I'm with my sister C. who asks me where we have to go. Afterwards I settle into a studio with J., a girlfriend I had when I was at that school. I realize that I am living as a couple with a girl. Feeling of uneasiness. (7, 30CH, 13.00.00)

133. Dream: my front tooth is moving, the 11th. (7, 30CH, 13.00.00)

134. Dream: I park illegally in front of a garage door, but in fact I'm allowed to, because it's my garage. Another dream in which I do something reprehensible, but I find an excuse so that I can do it anyway. (7, 30CH, 27.00.00)

135. Dream: we are getting prepared for a wedding; my sisters and my mother are all there. All kinds of party clothes are hanging all around the room. Then my sisters start making sweet and savory salads and take up the whole table which hadn't been cleared of all the papers and things. Impression of cluttered profusion. (7, 30CH, 33.00.00)

136. Dream: « family is a frame » and I see someone putting a rectangular metal frame into a canvas to give it shape (this person is putting up a camping tent). (7, 30CH, 34.00.00)

137. Dream: I show my new house to a girlfriend I haven't seen for years: in fact I show her my old house where I used to live 15 years ago and where she often came to, the big kitchen; and I discover a small adjacent kitchen that I had no knowledge of. (7, 30CH, 43.00.00)

138. Dream: sexual with an old boyfriend from long ago, with light pleasure, soft and going on for a long time. In the dream, I get up afterwards; my legs fall out from under me, no strength, empty. Later on, I wake up feeling good; I am light-hearted, energetic (before I was sad and morose). (7, 30CH, 44.00.00)

139. Dream: I am doing « slope-style » mountain biking on stairs. (7, 30CH, 47.00.00)

140. Dream: I decide to take another road (one I never go on) different from the one I usually take to ride back down on by bike from a neighboring village. (7, 30CH, 60.00.00)

141. Dream: with my daughter, we are supposed to meet in Rome, but the meeting place is vague. (8, 5CH, 03.00.00)

142. Dream: I am in a small boutique trying on some dresses and very colored outfits, muslin fabrics or very soft quilted cotton, very eccentric. (8, 5CH, 05.00.00)

143. Dream as in a fairy tale: in my house with quite a few people, among whom is an anaesthesiologist colleague. We go outside. The house is mobile. At one point it's in Grenoble – my father's old pharmacy right in the center of town. Lots of people in the streets. On the facade of the house is a kind of honey mill. We are all in a group, we drink large glasses of water, we drink a toast, clink our glasses together and get wet throwing them up into the air; we tell about the facade to people passing by in the street. Above us is a horse-drawn carriage with 4 horses. A passer-by takes the carriage and in a magnificent gallop flies up into the air above us. Change of scenery, we can see him farther off in the distance jumping off of a bridge into a river then coming back under the house via a canal. Before, at the beginning of the dream, the inside of the house, mobile scenes giving way to be replaced by others. A restaurant where folk groups come to sing; they sell lace and other things while dancing... A more quiet and intimate room. I am looking for a cat under the table. (8, 5CH, 10.00.00)

144. Dream: My daughter shows me, perplexed, a wound about level with her hip. It's a deep wound, jagged; I think it's unbelievable, she should have had stitches, but that it's too late. And I'm astounded because I'm the one who bit her supposedly. (9, 30CH, 08.00.00)

145. Dream: I come out of a huge hospital with my wife. This hospital looks like a great big cube. On the outside, the hospital is run down. One of the wings isn't finished and from a distance I can see hundreds of the sick lying on the roof and who start gesticulating to dust their straw-filled mattresses. An impression of human misery, of the Third World, of a poor crowd (uncharacteristic dream in its themes and I think I rarely dream of large outdoor spaces, I dream more of inner spaces). (9, 30CH, 15.00.00)

146. Dream: I am at a homeopathic congress, I'm having problems with paper to take down notes, I see unremarkable people and things, unknown faces. Then a young man comes, the spokesman tells him something, he comes into the aisle, he leans forward, his head is separate from his torso, in fact his head is artificial to make him look human, he doesn't have a head. I am terrified and feel compassion for this man, I try to touch his shoulder (to show him my compassion) but can't do it. I'm in the main aisle, aghast with an impression of horror and of compassion. (9, 30CH, 20.00.00)

147. Dream that makes me laugh: I go visit an apartment with my wife, staying at some friends' in Paris who have 2 daughters. They show us their apartment, an apartment made of wood that I like. A sober place but « warm and pleasant » because of the wood. On a wooden table, the 2 girls are drawing, there are 2 kind of small ink bottles and I notice, at one point that smoke is coming out of them, like little volcanoes. I lift the lid and have access to the apartment down below (which is theirs too), also made of wood and I can see flames; so I throw glasses of water down to put out the fire. I say that I would like to visit it and they say "come on." That's an apartment in Paris for you (not expensive...) (9, 30CH, 35.00.00)

148. Another dream: with my wife, we are traveling on a strange vehicle, sitting on a bicycle and pedalling by activating two levers with our hands. We have to go someplace; we are in a crowd, I outdistance her, she catches up with me. Not an unpleasant dream, not alarming. Shortly afterwards I am the one who goes towards her; it seems that we are going towards a pharmacy, nothing happens. (9, 30CH, 35.00.00)

149. Dream of pleasant skiing. (10, 9CH, 01.00.00)

150. Dream: I am with a patient friend that I know well, waiting to see a specialist at the hospital because she has a rare and serious tumoral disease (such as neurofibromatosis, which is going to disfigure her and cause excrescences all over her face and head: she saw photos on the Internet). We are in a waiting room: I have my computer from the office to take messages and appointments, but nothing works right; I come across my son's games, I wonder what I am doing there, I'm out of place, patients must be waiting for me at the office. Finally the famous professor asks my patient in, but not me, into a large room; this makes me even more uncomfortable; I don't know whether to go in or not. Finally, I end up going

in and there are large round tables where they are talking very casually with the patient, her family, her loved ones, to make the situation less dramatic. Once again, I ask myself if it's my place, as general practitioner, for me to be there but I am pleasantly surprised at this humane and holistic way of taking charge. (10, 9CH, 02.00.00)

151. Dream: my daughter who introduces her German boyfriend to me and wants to have him meet her old boyfriend: I don't think this is a good idea and tell her so. (10, 9CH, 03.00.00)

152. Dream: I'm late to take a plane with my son. But everything is alright and they settle us down in the back of a large room, like a ballroom but outdoors; we end up under the trees, in the shade with a superb view: a peaceful atmosphere. (10, 9CH, 08.00.00)

153. Dream: 4 to 5 o'clock in the morning: I was an observer of a sort of hospital with a large common-room, with lots of people and rather serious pathologies. (11, 12CH, 01.04.00)

154. Erotic dreams. (11, 12CH, 10.00.00)

155. Dream in which I am handcuffed without having committed any crime, both my hands are chained together using a fairly long chain. (11, 12CH, 10.00.00)

156. Dream: of a landslide, mud that could cover people up under our very eyes. In these dreams, there were children who were dying. (12, 12CH, 02.00.00)

157. Dream: of aggression by fascists. (12, 12CH, 02.00.00)

158. Dream: I am in a house with the doors and windows open everywhere, grass very green, friends, hanging up laundry to dry next to big bonfires, knowing that it will be scented with the smoke, but that's good. (13, 7CH, 02.00.00)

159. Dream: I am repairing a tricycle for a little girl (a niece?) getting the two wheels nice and parallel. The little girl is impatient and afraid that we take it away from her. (13, 7CH, 02.00.00)

160. Dream: I am going by car somewhere where I have been invited to (a meeting?) in a village up high like Mont Saint Michel but even higher. There was a group of us leaving in the car, it was very dark and you couldn't see the valley, there was a long drive up. In the car I am sitting in the back with a man my age. I don't know how come, but I am sitting with my back turned (in the opposite direction to the way the car is going), and he puts his head down onto my lap. He is charming me without speaking very much, with little words and second degree humour. I laugh with him. Later on we get together again; he has changed his clothes and continues on his quest using the same mode. I feel good, I know that this is good, I'm confident, but I don't dare let myself go, out of fear of destroying this pleasant moment with questions like: how can a man like you be interested in someone like me? (13, 7CH, 10.02.00)

161. Dream: I go visit my elder sister who has just moved into an apartment that is up high. You got to it by a kind of scaffolding. I ring the doorbell, she shows me the kitchen; the apartment isn't finished: adjacent to the kitchen, the cement on the terrace is still loose, the glass door isn't framed; the railing is made of floorboards... The other rooms are in semi-darkness, there is a sort of metal staircase; there are about ten friends in groups of twos or threes who whisper and greet me. I know that her new boyfriend is among them but I don't know who. One of them wants to see my sunglasses which I hand over to him. I'll have to get them back when I leave. It's a very short visit, I go to work, my sister is calm and content. (13, 7CH, 11.02.00)

162. Dream: attacked by a dog, I dreamt this twice during the night, by two different dogs. (15, 30CH, 02.00.00)

163. Dream: of some sort of gigantic merry-go-round which, whirling around, goes way up into the sky. I was on it and could see the guy ahead of me barely holding on to the metal structure with one hand. Impression that for him it was easy, he was a kind of graceful tightrope walker who seemed awesome to me. An athlete dressed in yellow and orange (uncommon colors in my dreams), he seemed relaxed in spite of the risks involved. (16, 7CH, 00.00.00)

164. Dream: I see two kids on a very very high bridge holding by the reins a horse that is on the other side, on the abyss side... the horse is in great danger of falling; I wake up before it falls, surprise but no real fear. (16, 7CH, 00.00.00)

165. Dream: My wife is braiding a hammock out of thick rope. We test it for sturdiness. Meanwhile, my 15 month old son is hooked up the wrong way on the other side and is in danger of falling. I go to unhook him (N.B. these are not frequent themes for me). (16, 7CH, 00.00.00)

166. Dream: I am in the company of K, L and Y, and the talk is about income and revenue, for each of us, and we see that L, who works in Switzerland, has no problem getting money to come in. (16, 7CH, 07.00.00)

167. Dream: I go for a drive in a tilbury, in a sunny landscape and steep, pleasant. (16, 7CH, 08.00.00)

168. Dream: I go walking in an ancient town (I think maybe Toulouse, but it's not Toulouse). The streets are all being redone, but of the kind of work that involves mainly the surfaces, as if a thin film had been removed from all the stones, the woodwork. For example, I go past old doors and I look at the molding and the shapes: I wonder how they are going to put a thin layer back onto so many square kilometres of wooden panelling; same for the ground that needs a new surface. Then I end up with two old friends, E. and P. and I say to myself that I don't see E. often enough anymore and that our friendship could wane because of this. I notice that the walls and buildings are very high. (16, 7CH, 11.00.00)

169. Dream: of an Indian princess with green eyes singing a soft song on TV. (16, 7CH, 17.00.00)

170. Dream: my friend P. goes to have the gas tank of his car replaced in a garage. The way he speaks to the mechanic shows that he is the kind of person who is used to doing business (P.'s jaw is broader and more determined than it is in real life.) And curiously enough, he goes down into an enormous see-through plastic tank to show where it has been damaged. The car has disappeared; the only thing I can see is the tank he is descending into. (16, 7CH, 17.00.00)

171. Dream: of M. (who has just lost his wife from cancer) and who shows me a catalog with athletic looking women in it, but they are all wounded somewhere, and are all bleeding from their wounds. The pictures are kind of blurry, mostly you can mostly make out red stains on the white flesh. It's troubling, I don't know what to feel about the blood on all the pictures, as if the catalog were under water, I skip through the pictures, the liquid atmosphere. The captions that I'm trying to read are in German and I say to myself « That's M.'s natural language » (who isn't German at all but of Aryan type...). (16, 7CH, 18.00.00)

172. Dream: of Pierre G. who tells me how much he admires Marie-Noëlle (a girl from secondary school – from 30 years back – who I have not seen since!) Astonishment at having dreamt of a girl I have never thought of and never saw again! (16, 7CH, 18.00.00)

173. Dream: I'm with three other people, one of whom acts as our guide; we come out of an underground place. At first, I lose all three of them, no worry, I'm fairly confident (I often dream of losing people, of being lost, and generally if I'm lost or if I lose some people, I never find them again), then, instead of looking for them, I stop and wait in a place where I'm sure they'll be coming through on their way back, which is what happens! We go up a grand and beautiful white staircase, the kind they have in chateaux; there are lots of people. I bump into Christine B (a teenage love, platonic). She is sitting on the side of the stairs and doing some kind of handcraft. Upon waking, I am surprised to be thinking of this girl again, whom I haven't seen for years and I remember all the things that I had done to try to approach her at the time (she was five years older than I, was studying Law and I had done a pencil portrait of her, etc.)... It isn't unusual for me to dream about friends from a long time ago. The nuance here is that this time it's girls; I normally dream about old buddies. (16, 7CH, 21.00.00)

174. Dream: I'm talking with someone about the proving that I am doing. This person expresses doubts about the possibility of there still being symptoms a certain period of time after having taken the remedy. I note that indeed I do have few physical symptoms but that in my opinion, the subtle body is still permeated with the remedy and can reveal its presence in dreams. In the dream, I didn't realize that I was dreaming. (16, 7CH, 22.00.00)

175. Dream: of big warships; at one point I see small submarines following one of the ships. At another, I see another enemy boat navigating in a large semi-circle, to trap the first ship. Worry that the submarine or the circumnavigating enemy boat should sink the first ship. On waking, I can't see the strategic situation very well anymore. (16, 7CH, 23.00.00)

176. Dream: I am with my children and my husband in a house all on ground level, timber-framed with lots of glass, it's raining and there's mud all over, all around the house. Other people are with us. To go in, you have to walk on boards, but everything is unstable. When trying to enter, I sink up to my thighs. There's some story about buying things that my children want to pay. (17, 9CH, 00.20.00)

177. Dream: I'm with my father's (numerous!) family and we are all assembled for some occasion other than a funeral. Normally we never can manage to all get together, but this time we do. We visit a town and go to a house out in the country to have a meal together. A cousin is missing, her father passed away a year ago, she isn't with us. A curious sensation, between joy and sadness because the deaths of 2 brothers and 2 sisters are in the minds of each of us but we don't mention it. (17, 9CH, 02.00.00)

178. Dream: I am at the hospital, I work at night. There are lots of elevators and patients that I have to find and who can be dangerous. Feeling of danger, but not of major anxiety. (17, 9CH, 01.20.00)

179. Dream: I go skiing by myself, it's the same season as it is now (the beginning of May) and there is just as much grass as there is snow. It's odd, that this doesn't seem to disturb me. (17, 9CH, 03.00.00)

180. Dream: I'm with my family, my children and husband. We are with my in-laws, congenial atmosphere. I go off with my sister-in-law to buy something and we have miscalculated the distance, the walk seems long to us. (17, 9CH, 03.00.00)

181. Dream: I am with my maternal grandmother (deceased) and we are in a house, I am under the impression that we are more or less traveling. (17, 9CH, 05.00.00)

182. Dream: I go visit some friends: it's snowing and I keep skidding with the car, and all at once, there isn't any snow anymore right nearby. (17, 9CH, 05.00.00)

183. Dream: we are together with my daughters in a hospital or a huge high school, I don't really know which. My daughter having forgotten some things on the last floor, we go get her stuff and take the elevator: a woman can't get on right and lets go: she falls off. I stop the elevator by pushing the emergency button. You can hear moaning, but you can't see anything. We are shocked and we continue. Then I lose a shoe. Strangely, after a while I end up wearing someone else's boots. The dream continues in a village, there are dogs, farm animals and mud, also some trucks. (17, 9CH, 08.00.00)

184. Dream: a colleague from work brings me a sweater that she's knitted for me, but I find this curious because I don't know her. However, I am very flattered that she should have taken all that time to knit me a sweater. (17, 9CH, 08.00.00)

185. Dream: I can't remember exactly, but I know that there were lots of people. (17, 9CH, 09.00.00)

186. Dream: I'm cleaning the aquarium (I really do have one, 300 liters). (17, 9CH, 10.00.00)

187. Dream: there is a storm (there really is a storm out tonight) and I am in this grand hotel with my family and some people I seem to know. My daughter is outside and lightning strikes right in front of her. A fire breaks out and the firemen put it out right away. A sensation of fear but it doesn't last. (17, 9CH, 12.00.00)

188. Dream: I am with my daughters and my husband, on a trip, we stop off somewhere that seems to be a circus or a camping ground. There are swimming pools but rather old, their bottoms aren't blue. Then the trip continues, we try to find a harbor but we don't find it. (17, 9CH, 14.00.00)

189. Dream: I am at a cousin's house with his family (a cousin I get along well with and who we visit regularly). His house is strange, he lives on the side of a lake and, from the living room, you can go swimming. It's still the cold outside and yet my cousin goes swimming, so I ask his daughters for a bathing suit and I go swimming too. Then the dream goes on in a town I'm unfamiliar with. I can't find a means of transportation to get to work: everything fails and I'm going to get there late, this stresses me out. In spite of the fact that various solutions are considered, none come to anything. (17, 9CH, 15.00.00)

190. Dream: vague remembrance of a group of people, and especially there is my (male) cousin again, and my (female) cousin whose father died 16 years ago. The situation is a happy one for me, it's the memory of my uncle that brings us all together (totally uncharacteristic dream). (17, 9CH, 17.00.00)

191. Dream: I am skiing with my family; there is a lot of fresh snow when in fact it is spring. Afterwards I go to buy vegetables to plant in the garden. (17, 9CH, 20.00.00)

192. Dream: I am with a group. I'm working on religious documents (N.B. usually reads religious texts) and bicycles coming and going in G., among other places in the old part of town. (17, 9CH, 24.00.00)

193. Dream: I remember being with several people, who are coming and going, and there's some question about cats and dogs in a kennel. Then I am by myself in a car, this takes place in the area I live in, and suddenly I notice a lion hunting some roe deer, and it then attacks a herd of cows coming onto the road. The farmer's wife kills it with a pitch fork and runs away. (It's worth mentioning that the next day, the prover goes for a walk in the country with her dog and sees two roe deer. « It really made me laugh, after that, I expected to see... the lion! » she said.) (17, 9CH, 32.00.00)

194. Dream: of cats, of my neighbor and her cats, but it isn't very clear. (17, 9CH, 33.00.00)

195. Dream: of work. (19, 30CH, 00.20.00)

196. Dream: of a business trip. (19, 30CH, 00.20.00)

197. Dream: of jewelry made of minerals. (19, 30CH, 00.20.00)

198. Dream: of my old job. (19, 30CH, 01.00.00)
199. Dream: of a seminar. (19, 30CH, 01.00.00)
200. Dream: of an old (female) colleague, with a ludicrous hat. (19, 30CH, 01.00.00)
201. Dream: all the contents of my car (clothes) are on the roof. A bunch of bratty kids took everything out of my car while I was doing some shopping to play a prank on me. (19, 30CH, 01.00.00)
202. Dream: I am walking in town. (19, 30CH, 01.00.00)
203. Dream: I am in a small boat. (19, 30CH, 01.00.00)
204. Dream: of gardening. (19, 30CH, 01.00.00)
205. Dream: of a gathering of many friends, of a female cousin. (19, 30CH, 01.00.00)
206. Dream: of a swimming pool. (19, 30CH, 02.00.00)
207. Dream: of a picnic with friends and family. (19, 30CH, 02.00.00)
208. Dream: of hearing the news of a friend's divorce. (19, 30CH, 02.00.00)
209. Dream: moving into an apartment with 5 other students. (19, 30CH, 03.00.00)
210. Dream: professional. (19, 30CH, 05.00.00)
211. A very strange dream about one of my sons, an infant; locked up in a metal cage at the daycare center and who they no longer stimulate. I say to myself that this won't do and try to find help to get him out of there. (20, 5CH, 02.00.00)
212. Dream: concerning my life with someone with whom I am in unexpressed conflict. Awaken not too perturbed. (20, 5CH, 13.00.00) "What is uncharacteristic is not being perturbed by the conflict."
213. Dream: I am serving a meal; I'm carrying carrots in a frying pan with a very long handle. I come up to a closed window. When I try to open it, the carrots slide off the pan and fall onto the floor. On the floor, there are a lot of flies, dead or alive. I feel overwhelmed by the events. (21, 9CH, 01.00.00)
214. Dream: I was away from home and when I get back, there are lots of vegetables in the garden. I can't understand how they could have grown in such a short time. (21, 9CH, 01.00.00)

215. Dream: that a metal wire was being slipped through my body, from shoulder to foot, on the right side, it's painless, as if a wire was being pushed through a sheath; this metal wire curves my body to the right. (21, 9CH, 04.00.00)

216. Dream: I'm cycling out in the country. There is roadwork going on; I have to take a detour. I end up on the edge of a cliff. There are lots of people, I have to go down a tall ladder with my bike; I feel dizzy. Someone tries to take my bike down for me but the ladder tips over the top of the cliff and the person has to jump onto a ledge to keep from falling. I don't dare go down, sensation of dizziness+++ which blocks me high up on the top of the cliff. (21, 9CH, 05.00.00)

217. Dream: I'm out in the country. I find, level with the iliac fossa on my right side, a non-itching rash, like candle wax drippings, that come off easily with my nail. I consult a country doctor who can't imagine see what it could be. Later, it's gotten worse; the spots have become 1 centimeter square, 1 cm thick, of a yellow substance, greasy, foul smelling, that comes off all in one piece. It smells of rancid fat. It's all over the bed, I feel shame – because of my companion (that very morning, the tube of corpuscles full to the brim had spilt all over the bed). I go back to see the country doctor who is still perplexed. I wait in the hallway thinking that I should have brought him a gift since he won't let me pay him. But we're way out in the country, what could I give him? While I'm thinking about this, I go speak to my supervisor, who is charging him 60€ for a consultation that he has just given him. "You understand, that's what I ask for in Annecy!" (23, 30CH, 02.00.00)

Vertigo

218. Fleeting sensation of loss of balance, I'm putting my daughter to bed, sensation of my L leg giving out from under me, I go off to the L and have to grab onto a piece of furniture, same sensation again at 11 p.m. (21, 9CH, 00.00.00)

219. Sensation of dizziness when I take the groceries out of the shopping cart to put them into the car: pivoting around myself to pick them up, loss of balance for 2-3 seconds. (21, 9CH, 06.00.00)

Head

220. Mild headache in temples. (2, 5CH, 00.11.38)

221. Wide head movements tilting sideways to the R or to the L with the impression that brain is tossing about and is going to fall, depending on the motion, towards the R or towards the L. (2, 5CH, 01.13.30)

222. Foggy brained, dull all day. (2, 5CH, 01.00.00)

223. Occipital headaches. (2, 5CH, 02.02.18)

224. Note: since the beginning of the proving, I have stopped getting the tense headaches that I used to get every 10-15 days before, apart from once on D1 and it didn't last. (2, 5CH, 60.00.00)

225. Wake up with a major headache, takes up my whole head. I slept all night with this dense headache. (3, 7CH, 02.00.00)

226. When rising > of headache when standing with profuse urine emission. Goes back to bed: > of the headache. (3, 7CH, 02.00.00)

227. Headache when rising. (3, 7CH, 03.00.00)

228. Woken by a headache. Sensation of heat. (3, 7CH, 04.00.00) (The headache isn't a NS in itself but it appeared on the night when I took the 5th dose and it's starting to worry me because it comes back every night. It's not as bad when I'm standing and it's true that during the day, I don't feel anything, it gradually goes away in the morning.)

[Is worried because this reminds her of nights in '84-'85 when she was awoken by headaches and was diagnosed for hyperthyroidism... Is afraid of a relapse. Reassures with the thought that being too hot is contrary to hyperthyroidism.]

229. The headache has turned into a painful spot in the left parietal occipital region. Headache gone at 4:50 a.m. I seem to have already felt a streaking pain in the exact same spot, intense, like a gunshot, 2-3 weeks ago when out camping, at around 5:30-6 a.m. (3, 7CH, 04.00.00)

230. Pain in the head still in the same very precise spot of the left parietal occipital region. Appears when lying on back and disappears lying on side. Lasts a few seconds. (3, 7CH, 06.00.00)

231. Towards 6 a.m. same pain at a specific spot of head. (3, 7CH, 16.00.00)

232. In the morning in bed, punctiform head pain, the L occipito-parietal region. (3, 7CH, 22.00.00)

233. Worth mentioning three times: last night while on the phone with my supervisor, this morning on waking and briefly once again in the afternoon, a discreet and fleeting sensation of warmth in upper skull, like a warm round cap on the top of skull, discreet and fleeting. (6, 7CH, 02.00.00)

234. Towards 5 p.m. when out on a stroll, once again for a brief moment the sensation of heat in vertex. (6, 7CH, 14.00.00)

235. Frontal headache at noon on my way home for lunch, first on L, then in center. (7,30CH, 05.00.00)

236. Dull headache with frequent posterior mucus: sensation as of sinusitis draining out, agg. warm weather. (7,30CH, 12.00.00)

237. Headache on waking, foggy brained. (10, 9CH, 08.00.00)

238. Perspiration more profuse than usual especially on head, forehead and scalp. The sweat beaded all by itself. (11, 12CH, 01.00.00)
239. Discreet occipital headache setting in,. (11, 12CH, 05.00.00)
240. Wake up with a slight headache, sensation of heaviness. (12, 12CH, 00.00.00 and 12, 12CH, 01.00.00)
241. Headache waking up from a nap. (12, 12CH, 02.00.00)
242. Headaches with very painful L eye. (13, 7CH, 02.00.00)
243. Migraine headache in the afternoon. (13, 7CH, 25.02.00)
244. Mild headache not really uncharacteristic, rather on left side of skull, like a heavy veil a bit weighty with a slight very shrill whistling in left ear without modes lasting several hours. (16, 7CH, 04.00.00)
245. Fuzziness in head, like at the very beginning of a cold. (19, 30CH, 00.06.00)
246. Head like cotton. (19, 30CH, 01.00.00)
247. Aggravation of frontal headache, sensation of being pressed in a vice, of weight on upper forehead, sensation of congestion, of compression. (19, 30CH, 01.00.00)
248. Dull headache on waking, nape of neck and forehead. (20, 5CH, 01.24.00)
249. Frontal headache from 10 a.m. to 12. (21, 9CH, 02.00.00)
250. Right frontal headache that presses, 2 hours after the beginning of a hike, > when eating. (22, 7CH, 01.00.00)
251. Head congestion (with ringing in the ears « in blasts of steam » and pulsating in carotids). Pulse at 68/min. Amel. in fresh air, desire for fresh air. (23, 30CH, 01.40.30)

Eyes - Vision

252. Eye discomfort, hard to define, life frontal oppression. (2, 5CH, 01.00.00)
253. Visual discomfort in the morning. (2, 5CH, 02.80.00)
254. Pain above orbits with visual discomfort. (2, 5CH, 02.15.20)
255. On waking lower eyelids swollen. As if there was water beneath. (3, 7CH, 13.00.00)

256. What makes me wonder a bit, is my eyesight that doesn't seem very clear this morning to write though I had a normal night's sleep and the sun is shining on the page – I note – this may already have happened to me before. (6, 7CH, 00.00.00)
257. I find that my eyesight gets tired very easily; my glasses don't help much (farsightedness). (6, 7CH, 03.00.00)
258. I find that my eyesight isn't very clear this morning, as if still misty from sleep. (6, 7CH, 08.00.00)
259. Eyes tired this evening, having a very hard time reading. (6, 7CH, 08.00.00)
260. Slight irritation in outer corner of left eye, or rather plain redness, without any discomfort and didn't last. (6, 7CH, 10.00.00)
261. When going to bed a visual sensation, and already in fact slightly in the evening, a vague floating visual sensation, as if I had drunk (had nothing, alcohol-wise, apart from a beer at 6PM) without physical instability. (6, 7CH, 15.00.00)
262. In the afternoon, after having read outdoors in daylight without wearing my glasses barely straining my eyes, I had a hard time readapting to normal vision of the surroundings for about 10 minutes maybe. (6, 7CH, 22.00.00)
263. I see like a light around people. (N.B. "Like an aura" adds the supervisor.)
264. Very intense vision of the colors of fruit, cherries, raspberries; of contrasts, green/red, white clouds in the sky, greys or blacks, the stormy weather. (7, 30CH, 50.00.00)
265. Twitching of (right?) eyelid. (8, 5CH, 01.00.00)
- 266 Vision impaired. (9CH, 35.00.00)
267. Quivering eyelids, agg. R eye. (13, 7CH, 17.02.00)
268. Quivering of lower L eyelid, reoccurs over the four following days. (13, 7CH, 19.02.00)
269. Quivering of L eye (and of lips). (13, 7CH, 31.02.00)
270. Lights around my eyes: like a luminous halo all around the center of vision. I can see clearly straight ahead but I have the impression of having suns spinning all around my eyes on the sides (hard to explain!!!)... Often first sign of a migraine headache. (13, 7CH, 31.02.00)
271. During the proving meeting, the prover speaks of having had the sensation as if her L eye were going to fall out, as if it were being gouged out of the orbit with a small instrument, and that it was going to come away. Afterwards, same thing happened on the other side but less intense. (13, 7CH, 31.02.00)

272. Twitching of R eyelid. Impression that my eyelid was twitching involuntarily; doesn't cease if I close my eyes. Comes back again twice during the day. (17, 9CH, 30.00.00 then 17, 9CH, 31.00.00 and 17, 9CH, 31.00.00)

273. I can't keep my eyelids open, they keep dropping. (19, 30CH, 01.00.00)

274. Loss of visual acuity over the past few days (unsure of link with the proving). (19, 30CH, 02.00.00)

275. Lightening pain in R eye, rather sharp, in outer eye canthus, for a few seconds. (20, 5CH, 00.14.20)

Ears - Hearing

276. Impairment of hearing (and of eyesight). (9CH, 35.00.00)

277. Furtive pain (30 seconds) in left ear, very sharp. (19, 30CH, 00.06.00)

278. Sensation, while I'm gardening, of hearing the sounds of nature, in particular sounds made by insects. (21, 9CH, 07.00.00)

279. Pain in L ear fleeting, a sudden blow, as if hit with a hammer 5 or 6 times during the day. (21, 9CH, 17.00.00)

280. Ringing in the ears « in blasts of steam », pulsating in carotids (and head congestion). Pulse at 68/min. Amel. in fresh air, desire for fresh air. (23, 30CH, 01.40.30)

Nose - Smell

281. Fleeting erratic pain not intense in frontal sinuses, symmetrical, throbbing. (2, 5CH, 01.13.30)

282. Sensation of cold air passing through nose: inhaling and exhaling cold air. (2, 5CH, 00.01.04)

283. Pain in frontal sinuses, above the eyebrows, agg. with ocular movement, moderate throbbing pain, came back several times in the day. (2, 5CH, 01.00.00)

284. Pain in frontal sinuses, throbbing, in back of eyebrows. (2, 5CH, 02.02. 21)

285. Irritation in left nostril this morning, without a cold. (6, 7CH, 09.00.00)

286. Practically the beginning of the proving, but I hadn't noticed because it can happen to me, almost every day, once or twice a day, I've blown my nose ordinarily with a few green bits, and nothing more: it's more the repetition of the symptom that incites me to record it, nothing uncharacteristic in the symptom itself, albeit its frequency, likewise for stool on rising. (6, 7CH, 14.00.00)

287. Olfactory hyperacuity. (6, 7CH, 50.00.00)
288. Olfactory impressions increased. (7, 30CH, 00.10.00)
289. Wake up at 4 o'clock in the morning, nose stuffed up, I roll over and start a nosebleed on L side (known S but never at night). (7, 30CH, 04.00.00)
290. Quivering of wings of the nose, especially on L, several times a day over the past 3-4 days. (7,30CH, 07.00.00)
291. Quivering of wings of nose. (7, 30CH, 12.00.00)
292. Heaviness (of head and) of sinuses. (7, 30CH, 26.00.00)
293. Persistent crust in L nostril: I'd had a pimple on that spot the week before. I've had the same kind of crust in the R nostril since Sept. '06, without having had a pimple there previously. (7,30CH, 31.00.00)
294. Rhinitis attack with sneezing when picking up in the bedrooms. (7,30CH, 31.00.00)
295. Nasal discharge during the morning the last few days. (7,30CH, 32.00.00)
296. Smells seem exquisite to me, the linden trees in the street, a woman's perfume, the flowers in the garden. (7,30CH, 34.00.00)
297. Sensitive sinuses. (13, 7CH, 00.02.25)
298. The rhinitis turns into sinusitis, fever sets in towards 5 p.m., sensation of heat in upper half of body. Impression of inhaling warm steam with mild oppression, amel. in fresh air. (15, 30CH, 01.00.00)
299. During morning consultations, nose completely stuffed up, all morning. (16, 7CH, 02.00.00)
300. Post-nasal drip with cough, nose clears up subsequently. (19, 30CH, 00.00.30)
301. Sensation that sense of smell is more developed: the smell of the cat box seems unbearable, I have to go change the litter. (21, 9CH, 00.00.00)
302. Still sensation of more developed sense of smell. (21, 9CH, 03.00.00)
303. Still sensation of more developed sense of smell. (21, 9CH, 04.00.00)
304. Still more developed sense of smell. (21, 9CH, 07.00.00)

Face

305. Brief hot flash, impression of heat all of a sudden. (2, 5CH, 00.12.00)
306. Hot flashes with perspiration on chest and in armpits. (2, 5CH, 01.10.00)
307. I forgot to mention that I've been perspiring a lot on the face at the slightest effort: the sweat runs into my eyes. (3, 7CH, 00.XX.XX)
308. Have had a pimple on left cheekbone for the past two or three days, not too unusual. (6, 7CH, 14.00.00)
309. Mild hot flash. (7, 30CH, 04.00.00)
310. Large painful acne pimples on chin that came out very quickly. (10, 9CH, 00.15.00)
311. Pimples on chin, that ripen fast, whiteheads, that I pop. (10, 9CH, 01.00.00)
312. Lips quiver. (13, 7CH, 31.02.00)
313. Sensation of heat on face: mouth, bust; eyes burn. My colleagues don't seem to be suffering from the heat. (17, 9CH, 03.00.00)
314. On my face, I have pimples like the ones I get when I have allergy, on L temple and R cheek. (17, 9CH, 09.00.00)
315. In the middle of a meal, at 1:30 p.m., I get a hot flash with clammy skin, hot head, sensation of « catabolism ». (23, 30CH, 03.00.00)
316. I notice over the past few weeks a sensation of congestion in face. (23, 30CH, 52.00.00)
317. Furious look on my face when angry. (23, 30CH, 52.00.00)

Mouth - Taste

318. It took me several days to notice, because it's a symptom that came insidiously, progressive ageusia: salt tasted bland, wine was bitter, food insipid. Then, when we arrived in Brittany, I really noticed when drinking some ocean water (like I do every year) that it didn't taste salty. Then things went back to normal around D6-D7. (1, 12CH, 03.00.00)
319. Lips (and nostril openings) a little irritated like last night (after sun and garden): but not ameliorated by Calendula cream which usually calms. (6, 7CH, 02.00.00)
320. Bizarre sensation this afternoon on left side of palate, after having nibbled on a cookie, felt like a sore, that faded away, then came back again a little this evening while eating, then went away, strange, didn't get the sensation that I had injured myself when I was eating. (6, 7CH, 02.00.00)

321. On waking, at 6:45 a.m., pain in the middle of tongue, front part, like a burn or a cut, and when touched like a pimple, slightly indurated (not caused by food nor other cause to be found on previous evening); this pain < under pressure, diminished with time and not < at breakfast (hot or cold). (10, 9CH, 03.00.00)
322. Mouth a bit pasty in the morning on waking. (10, 9CH, 05.00.00)
323. Pasty mouth in the morning when I wake up, dry tongue, went away quickly after getting up. (10, 9CH, 06, 00, 00)
324. Rough tongue. (10, 9CH, 08.00.00)
325. Glossitis in the night (had eaten asparagus the day before). (Symptoms persisted for several days.) (11, 12CH, 03.00.00)
326. Pain in middle part of tongue as if it had gotten burnt on 2/3 of the front and tip. (11, 12CH, 03.00.00 and 11, 12CH, 04.00.00)
327. Less elastic tongue movement.
328. Persistence of the « as if burnt » sensation on tongue. (11, 12CH, 05.00.00)
329. Salivation augmented. (11, 12CH, 05.00.00)
330. Dry mouth, thirsty. (13, 7CH, 00.02.25)
331. When eating a *brioche*¹⁰, I get a bitter taste in back of mouth and on upper palate, it lasts an hour. (17, 9CH, 00.03.30)
332. Same sensation of bitter taste, at the root of tongue and in back of palate, which lasts 3 hours. (17, 9CH, 00.07.00)
333. A small lesion on inside of mouth on R, the « skin » comes off. It's sensitive when I push my tongue over it, but not sensitive to food. (Later speaks of an aphtha.) (17, 9CH, 00.10.00)
334. Bitter taste in mouth like after the first two administrations of remedy. (17, 9CH, 01.07.30)
335. Thirsty++ for water and yet my mouth isn't dry, but curious sensation in my mouth, a bit of heat. (17, 9CH, 01.10.00)
My tongue is an even white and with no substance, except in the back. (17, 9CH, 01.10.00)
336. Bitter taste comes back in back of mouth, including when drinking some tea. (17, 9CH, 02.12.00)

¹⁰ translator's note : a French pastry

337. Swelling sensation of soft palate with pain when swallowing while I push down with my tongue. (17, 9CH, 11.00.00)

338. Beginning of a lesion in right cheek, like an aphtha beginning, same place as on D1. (17, 9CH, 20.00.00)

339. Beginning of an aphtha on R edge of tongue with mild pain when touched. (17, 9CH, 24.00.00)

340. Sensation of butter in mouth. (20, 5CH, 03.00.00)

341. In the morning around 10 a.m., repugnance for fatty foods, butter. Pasty mouth. (20, 5CH, 07.00.00)

Throat

342. Difficulty in throat when swallowing. (2, 5CH, 01.16.00) and (2, 5CH, 01.20.30)

343. Minor incident at the terrace of a café where I was having a beer: choked over a drop of saliva, this can happen to me sometimes, I cough badly (normal) but this time something got blocked in my throat like I'd never felt before on similar occasions, I could neither cough, nor swallow, nor breathe, nor speak, pretty surprising and disturbing, by calming myself down and breathing very gently, things quickly calmed down but it scared me a little, never had such a violent reaction before. (6, 7CH, 14.00.00)

344. I note that for the past 2 or 3 weeks, I have had a tendency to have food go down the wrong way¹¹ when I swallow, sometimes it can be just saliva, as if out of carelessness or out of being too much in a hurry when swallowing. It just happened to me again while drinking morning tea, and the way this has happened repeatedly makes me wonder because it's been happening particularly frequently lately. It never happened as seriously again as the last time I wrote about where everything had gotten blocked, like stuck in my throat, as if there was no more communication no more communication between what was above and below. (6, 7CH, 36.00.00)

345. I choke biting into a cherry, from the juice in my throat, in the evening towards 7 p.m. Setting off a coughing fit+++, suffocation, no more air, and nausea for 5'. My 11 year old daughter panicked, then I yelled at her for not helping me. (7,30CH, 37.00.00)

346. On my way home from an auditorium after having listened to a concert, a room with a lot of black wall hangings, non-smoking, I quickly felt a tickling sensation in my throat, a dry cough and an impression of having swollen tonsils. Lasts 15 minutes, then only the tickling sensation remains without the cough when exhaling. (17, 9CH, 01.11.30)

¹¹ translator's note: *faire une fausse-route* in French

347. Sensation of swollen tonsils. (19, 30CH, 00.06.00)

348. Sensitive throat. (19, 30CH, 00.06.00)

349. Throat still a bit sensitive. (19, 30CH, 00.12.00)

External throat

350. While taking a shower, mild torticollis on R lateral side of neck and shoulder, amel. immobile, amel. by pressing down hard on trapezius and with heat, agg. turning head to the R. (2, 5CH, 02.03.09)

351. Pains in neck, torticollis. Impression that the doses had ameliorated these problems. (3, 7CH, 24.00.00)

352. Pain on L side of neck. Pain that makes me cry out when I turn my head to the R or to the L. Impossible to move my head. (3, 7CH, 24.00.00)

353. Cervical pain this past night. Had to sit up in bed to turn over. (3, 7CH, 24.12.00)

354. Stiffness on L side of neck and in the upper L part of back, agg. when turning to the L. I haven't done much sports these days and am getting stiffer in lumbar and cervical areas. (7,30CH, 27.00.00)

355. Aching muscles in back of neck. (11, 12CH, 14.00.00)

356. In the evening torticollis sets in after sitting in a bad posture reading on the couch. I think to myself that it's a reaction to the osteopathic treatment I had the day before. The pain is on the R when I tilt my head to the left. A drawing pain that goes almost up to my head all the way up to my forehead. This pain ended up lasting several days. (17, 9CH, 19.00.00)

357. Much stronger than usual: pain at the base of neck, sensation of unease in head. Better in the morning. (20, 5CH, 11.00.00)

Stomach

358. I think I'm hungrier than usual at breakfast time, to be confirmed after several days' observation. (1, 12CH, 00.00.30)

359. Sensation of mild nausea... that I am apprehensive of. (3, 7CH, 00.09.25)

360. Slightly nauseous in the morning and towards 5-6 p.m. Went away just as it came. (3, 7CH, 18.00.00)

361. On rising: feel nauseous, heavy stomach but I ate a lot of cherries off of the tree yesterday. (3, 7CH, 19.00.00)

362. For days and days now impression of having emptiness in stomach, like a hollow, without feeling hungry, when I go to bed. (3, 7CH, 22.00.00)
363. Digestive heaviness (stomach) all afternoon in spite of having had a light meal without alcohol. amel. eating again in the evening. (3, 7CH, 22.00.00)
364. Heartburn in the afternoon. (7,30CH, 27.00.00)
365. Heaviness digesting after lunch, for an hour. (7,30CH, 32.00.00)
366. Heaviness in stomach after the evening meal. (7,30CH, 38.00.00)
367. Heaviness digesting after noonday meal, cramp-like stomach ache – feels like a rod going across stomach-liver-GB, amel. by massaging GB. (7,30CH, 44.00.00)
368. Heaviness digesting, I can feel my GB almost all the time, a pinching in the R hypochondriac and R side, spasm of the R colic flexure, need to press down on it, to massage area while breathing, agg. stooping, agg. milk products, fatty and creamy, for 4 days. I eat well, have a good appetite, try to eat more slowly and to limit myself. The heaviness occurs within a half hour after midday or evening meal, some belching, not much gas. (7,30CH, 56.00.00)
369. Tension in stomach before eating lasts three days. (7,30CH, 60.00.00)
370. Big appetite. (9CH, 35.00.00)
371. Gastric gurgling 1/2 hour after having taken dose N°1 (9 a.m.) very noisy, sensation of stomach calling out. Already felt this symptom in the past but much later in the morning, towards 11-12. (11, 12CH, 00.00.30)
372. Thirst augmented in the afternoon. (11, 12CH, 00.14.00)
373. At 4 p.m. sensation of emptiness in epigastric fossa. (11, 12CH, 05,00, 00)
374. End of morning: stomach starts gurgling in very audible way for the patient (uncharacteristic); lasts a good half hour. (16, 7CH, 02.00.00)
375. Constant burning in oesophagus, for no apparent reason, have sometimes felt this before, towards 5 p.m. When I had a small glass of Cointreau in the evening, definitely aggravated. (16, 7CH, 07.00.00)
376. Thirst in the afternoon, which is uncharacteristic for me, I drank a liter of water, two cups of tea and tonight I'm still thirsty. (17, 9CH, 00.12.00)
377. Stomach pain fairly pricking for a few seconds. (17, 9CH, 01.03.00)
378. Thirsty for the last 15 minutes, I drink a liter of water in the afternoon. (17, 9CH, 03.00.00)

379. Uncharacteristic thirst at end of morning. (17, 9CH, 02.00.00)
380. Thirst, I even buy a bottle of water, thirst and sensation of heat. (17, 9CH, 05.00.00)
381. Great thirst in the afternoon, as early as 2-3 p.m. (17, 9CH, 06.00.00)
382. I drink more than usual, I feel thirst. (17, 9CH, 09.00.00)
383. I suddenly want to throw up right after having eaten two small slices of gruyere cheese. I run to the toilet where I gag, have abdominal spasms and vomit food, the food that I had recently ingested, three times consecutively (exceptional for me to vomit.) (17, 9CH, 11.00.00)
384. Sensation of bloating in stomach, as if my stomach were a balloon towards 4:30 p.m. Sitting posture is uncomfortable, movement ameliorates a bit, evacuating gas also a bit. This discomfort lasts until bedtime. (17, 9CH, 17.17.00, then 17, 9CH, 18.17.00 and 17, 9CH, 20.00.00)
385. I eat little at supper because I have the sensation that nothing more can go in. (17, 9CH, 17.20.00)
386. At 10 p.m. nausea. (19, 30CH, 00.15.00)
387. Nausea. (19, 30CH, 01.00.00)
388. 12:30 lunch. I eat without any appetite which > nausea. (19, 30CH, 01.00.00)
389. Nausea after a light meal, after two pieces of cake. (20, 5CH, 03.00.00)
390. In forenoon: nausea with repugnance for butter and sensation of having a greasy mouth. (20, 5CH, 04.00.00)
391. Morning towards 10 nausea, repugnance for fatty foods, butter (pasty mouth). (20, 5CH, 07.00.00)
392. Several times during the day, towards 3 p.m. and then towards 5, sensation of hole in stomach with difficulty breathing for a few seconds. (21, 9CH, 01.00.00)

Abdomen

393. Cramp like a rod above umbilical area in the morning. (2, 5CH, 02.08.00)
394. Very bad stomach ache, like a cramp on L at colic flexure. Urge to pass stool. (3, 7CH, 14.00.00)
395. I discover a small umbilical hernia. Has it been there long? Could be a MS. I was operated of an inguinal hernia on right when I was 9. This one is slightly to the

right in fact, not painful and easily reduced (but it grates¹² a little). (4, 9CH, 36.00.00)

396. Pain in L colon before passing stool. (7, 30CH, 00.02.00)

397. Strong to acute abdominal pain, global, especially centered on navel, with abdomen tight as a drum and pain when pressed or touched. No cramps, no tenesmus, no gastric pain, no gurgling. After 10 min. I go back to cycling, the pain isn't aggravated with physical effort and gradually gives way in 10 min. after having belched a few times (3 or 4 spaced out in time) and passed one or 2 small farts. (10, 9CH, 00.04.10)

398. Peri-umbilical abdominal pain (between 7-8 a.m.) when on a ski trek. (11, 12CH, 01.00.00)

399. Soon after having taken the dose, abdominal gurgling without pain. (10, 9CH, 00.10.00)

400. Painful abdominal bloating. (10, 9CH, 00.12.00)

401. Sensation of abdominal distension especially in upper area, gastric area, towards 5 p.m. Diffuse abdominal pain, gas that has trouble passing. Unpleasant and painful sensation, with no antalgic posture. (17, 9CH, 16.17.00)

402. Pain like a stitch in side, on right, in liver hypochondriac area. (19, 30CH, 01.00.00)

403. Intestines more sensitive. (19, 30CH, 01.00.00)

404. Sensitive intestines, gas, bloating. (19, 30CH, 03.00.00)

405. Sensitive intestines. (19, 30CH, 05.00.00)

406. Intestines still sensitive. (19, 30CH, 06.00.00)

407. After breakfast, diffuse abdominal pain like an ache, ameliorated by massaging abdomen, ameliorated at rest lying flat on belly, aggravated walking. Went away spontaneously in an hour. (22, 7CH, 00.00.30)

408. Bloating, no gas. Unpleasant sensation without pain. Tension, cramp which would be aggravated by gas. (22, 7CH, 00.10.00)

409. Bloating at the end of the day, same as day before. (22, 7CH, 01.00.00)

410. Bloating ameliorating gradually during the day (noticed by others at the end of the day). No discomfort but distended belly. I would feel better if I could pass gas, no gas. Stool unchanged. (22, 7CH, 02.00.00)

¹² translator's note: *ça crisse* in text

411. Same bloating aggravated over the day. Distended abdomen without pain. No discomfort. (22, 7CH, 03.00.00)

Rectum - Stool

412. Evacuate liquid stool, like water with some solid matter, profuse stool without odor. (3, 7CH, 14.00.00)

413. Abdominal pain and watery stool 15-30 min. after a meal. (3, 7CH, 14.00, 00)

414. Good intestinal transit (considered a NS). (3, 7CH, 16.00.00)

415. Pain like a cut when passing stool: a fissure? about 1 cm from anus, no bleeding. (4, 9CH, 00.00.25) (can't decide between a MS: slightly uncharacteristic localisation or an OS because this isn't the first time I get a fissure).

416. Perfectly satisfactory intestinal transit even when traveling! (3, 7CH, 24.00.00)

417. Breakfast interrupted to pass stool, not unusual but rare, usually it's afterwards, and I realize that these days defecation has been coming quickly, sometimes as soon as I get up, always a bit soft and in pieces, painless. It's the recurrence of such early stool that strikes me, because once again, the symptom in itself is not new, it's just that transit happens faster. (6, 7CH, 04.00.00)

418. Sensation, for a few minutes, of discomfort as if caused by a pin or a piece of gravel in rectum, while I was driving, not modified by movement. (6, 7CH, 05.00.00)

419. Fleeting once again, the sensation in rectum (like a sharp point or a piece of gravel) in the car this morning, but not in the afternoon. (6, 7CH, 08.00.00)

420. Passed stool on rising same as almost every day since the beginning of the proving. (6, 7CH, 11.00.00)

421. Stool on rising, in pieces, and once again after breakfast, soft. (6, 7CH, 12.00.00)

422. Have a hard time passing stool which remain stuck in rectum, I finally succeed, in two or three attempts during the day. (7, 30CH, 34.00.00)

423. Pass stool three times in two days. (7, 30CH, 37.00.00 and 7, 30CH, 38.00.00)

424. Sensation of imminent diarrhea. (8, 5CH, 01.00.00)

425. Somewhat diarrhetic stool. (3, 7CH, 01.00.00)

426. Evacuate liquid stool like water with some solid matter. (3, 7CH, 24.00.00)

427. Rather difficult time passing stool after breakfast (I was in a bit of a hurry). Stool is still like « thick string ».
428. After breakfast, at 9 a.m., profuse emission of soft stool, putrid (++), painless. (10, 9CH, 01.00.00)
429. Before breakfast, without pain before, emission of very profuse and offensive stool. (10, 9CH, 02.00.00)
430. Hard stool; constipation. (16, 7CH, 00.00.00)
431. Two hard stools during the night. (16, 7CH, 00.00.00)
432. Rather urgent gushing diarrhea, without apparent cause, at 5:30 p.m., recurring on the following days. (16, 7CH, 04.00.00; 16, 7CH, 05.00.00 and 16, 7CH, 07.00.00)
433. Softer stool than usual and more frequent (twice instead of once as usual). (19, 30CH, 01.00.00)
434. Pass soft stool three times during the day. (19, 30CH, 03.00.00)
435. Persistent intestinal disorder. Pass soft stool twice. (19, 30CH, 04.00.00)
436. A great deal of gas, flatulence. (19, 30CH, 04.00.00)
437. Three stools after meals. (19, 30CH, 05.00.00)
438. Pass soft stool twice after the two main meals. (19, 30CH, 06.00.00)
439. Constipation. (19, 30CH, 07.00.00)
440. Constipation. (19, 30CH, 08.00.00)
441. After a meal, rich in fatty foods, pass soft and discolored stool after the meal. (19, 30CH, 12.00.00) On the following days: digestive system back to normal. (I think that these intestinal changes were due to the remedy because I'm not prone to have this kind of trouble at all.)
442. Painful hemorrhoid with burning sensation. (19, 30CH, 48.00.00)
443. Hemorrhoid still painful (burning). (19, 30CH, 49.00.00)
444. Hemorrhoids no longer painful but bleeding (19, 30CH, 51.00.00). Persistent hemorrhoidal bleeding until D56. Profuse bleeding that I have to dress the first few days. Bleeding during the day, not after stool emission nor after physical effort. (19, 30CH, 56.00.00)

Bladder

445. Wake up at 5 a.m. with urge to urinate++ but for fear of waking my companion, I don't want to get up, and go back to sleep until 6:30. (7,30CH, 05.00.00)

446. Wake up at 4 a.m., urge to urinate I don't go. (7,30CH, 13.00.00)

447. Wake up twice at 3:30 and 5 a.m. with urge to urinate++ bladder burning, I don't get up. Lasted three nights. (7,30CH, 57.00.00)

Kidneys

448. Sensation in kidneys as if I had Berger's disease (part of my medical history not dated but more than 20 years ago). Kidney feels compressed, need for massage. (9CH, 03.00.00)

Urethra

449. Burning sensation in urethra after a beer, amel. by pressing, clutching. (7, 30CH, 02.00.00)

450. Burning sensation after urination, following a trip in a car, 3 hours without drinking, amel. in bed doing deep breathing. (7, 30CH, 03.09.00)

Male

451. For several days left testicle sensitive almost painful irradiating into entire scrotum. Day after day this symptom becomes more and more present. (11, 12CH, 18.00.00)

Female

452. On this day, just this scarce pinkish discharge and the sensation of perineal distension that goes along with it, so much so that I feel insecure there, but with no urinary problems, breasts have been quiet for about a week. (6, 7CH, 14.00.00)

453. The pinkish vaginal discharge lasted 4-5 days in all, no more from that side of things. (6, 7CH, 20.00.00)

454. Vaginal itching on waking, like thrush. (8, 5CH, 07.00.00)

455. Increase in sex-drive. (10, 9CH, 00.15.00)

456. Towards 10 p.m. unpleasant pelvic heaviness, irradiating towards front of thighs. Drawing pain like cramps from menses which is uncharacteristic of me. (10, 9CH, 00, 15, 00)

457. Wake up with pain in right ovary. (10, 9CH, 16.00.00)

458. Menses without abdominal pain, profuse right from the start, thin flow. (20, 5CH, 06.00.00)

459. Pubic itching during the night, between 2 and 4 a.m. (21, 9CH, 02.00.00)

Speech-Voice

460. Hoarse (13, 7CH, 00.02.25)

Breathing

461. Discomfort breathing with slight thoracic pain. (2, 5CH, 01.20.30)

Cough

462. Bad bout of dry coughing due to a tickling sensation in larynx when I had the pellets under my tongue. (2, 5CH, 01.10.00)

463. Dry cough, irritative, for 10 min., bothersome, sudden onset and termination, no cause (happened at the office with are flowers in the garden). (10, 9CH, 02.00.00)

464. I cough a lot because of sudden acid regurgitation, the back of my throat badly burnt... so cough gets worse and worse. I end up vomiting the evening meal. Then I start shivering for almost an hour (before realizing that the exact same thing happened to me at the same time last year, upon hearing of the death of my father). Both of my arms feel tight, as if held in a tourniquet at the shoulders with a very unpleasant pricklings. I can't figure out what position to get into. I still cough a lot and that really hurts my back. I feel a burning sensation in my thigh muscle. In the morning temperature is 38.3°C. (13, 7CH, 25.02.00)

465. Dry cough, short, with tickling in throat (17, 9CH, 02.15.00) and sensation of having a swollen throat. (17, 9CH, 08.00.00)

Chest

466. Very fleeting constricting pain under L breast. It lasts 15 seconds. I feel weary emotionally. (3, 7CH, 05.00.00)

467. A drawing pain between right armpit and breast nipple (recent symptom), and nipples sensitive on both sides (recent symptom), sometimes a slight drawing sensation on left also, nothing more, nothing less. (6, 7CH, 00.00.00) and I read again, just out of curiosity, the notes I had written to Chantal at the end of the Ultra Sound proving: “I must have taken 3 or 4 doses, but the first symptoms appeared only on the 3rd or 4th day, the first striking dream D6 and until D20, so be patient! but especially, on D3, something I had forgotten, I had noticed some painful manifestations in breasts, towards the end of the night, especially on right side, and moving towards armpit, and again in the evening of that same day, breasts felt very hot getting undressed.” (!) So, retrospectively, it hits me: that’s what I felt last night and I find that my breast is rather less sensitive this morning. This mammary symptom is personal, there had been no other manifestations of this type in the US proving, but at the time I had said to myself that the remedy had protected me from something: I’m surprised to have encountered the same symptom now... (6, 7CH, 01.00.00)

468. Upon rising, slight pinching pain under left breast. On right nothing much this morning (nipples still sensitive, but this had begun one or two days before starting to take the doses.) (6, 7CH, 03.00.00)

469. Sensation of having a « ball » in my chest like grief. (7,30CH, 12.00.00)

470. Pain in chest like being crushed, upon waking. (8, 5CH, 00.01.00)

471. When waking from a nap: weight on chest, around suprasternal notch. Pain from front to back. Horrible sensation of being nailed down like an insect, like a bug. Keeps me from breathing deeply, it lasts. (8, 5CH, 01.00.00)

472. Like a weight sitting on my chest. > when I get up and move about but persistent in a dull sort of way. For about 30 min. (8, 5CH, 01.00.00)

473. Sensation of heaviness, of density, in middle of thorax, something impenetrable. (8, 5CH, 02.00.00)

474. Upon waking, nailed to the ground by the heavy sensation in sternal area. (8, 5CH, 03.00.00)

475. Weight on chest. (8, 5CH, 04.00.00)

476. Pain like weight on chest. (8, 5CH, 09.00.00)

477. Hot flashes in upper part of body, while making a meal. (17, 9CH, 03.00.00)

478. Pricking sensation on left side of chest, but not the breast. (17, 9CH, 07.00.00)

Heart and Circulation

479. Sensation of having heart beating very fast, but in fact, I take my pulse: 62/min. So I go back to sleep until 7:30, all is well. (4, 9CH, 03.00.00) While

taking nap with my 3 year old daughter, I hear the same sound of a heartbeat as this morning (she was beside me already then) maybe it was already her that I heard. (4, 9CH, 03.00.00)

480. Sensation of slight precordial vibration. (15, 30CH, 01.00.00)

Back

481. Pain in trapeziuses going all the way up to the neck. (2, 5CH, 02.04.09)

482. Spot, towards left shoulder blade, like a burn. (3, 7CH, 24.12.00)

483. Upon rising, I feel tense higher up, in right lumbar region, doesn't hinder movement. (6, 7CH, 03.00.00)

484. Tension in area between right shoulder blade and spinal column, and even a little going towards the neck, on right. (6, 7CH, 21.00.00)

485. Dorsal pain on right, at around 5th-6th ribs, radiating towards R armpit, agg. lifting arm, turning. (7,30CH, 41.00.00 ; 7,30CH, 42.00.00 and 7,30CH, 43.00.00)

486. Fasciculation of left trapezius, upon waking, painless when lying on left side, feel in shape. (10, 9CH, 15.00.00)

487. Oppression between the shoulder blades, as if a fist were applying pressure there. (13, 7CH, 10.02.00)

488. Pain in lower back, towards sacrum, curious pain, a bit pricking, shooting out, every 30 minutes. (17, 9CH, 03.00.00)

489. Pain in sacrum, curious which doesn't irradiate, in shots, for about an hour. (17, 9CH, 04.00.00 and 17, 9CH, 05.00.00)

490. Pain at base of neck. (20, 5CH, 02.00.00)

491. Paravertebral pain on L, on inside of scapula, lasts a few minutes. (23, 30CH, 03.00.00)

Extremities

492. Sudden sensation of hips being blocked and very painful, as if they were blocked turned inwards, I can't open my hip outwards; it lasts about 2 hours, contrasting with the spontaneous and loose dance I had performed on the night before over a tune for long minutes. All I can do now is lie in bed, not sit nor stand, no position to alleviate the pain. As if my hips were turned inwards, impossible to open them up. (1, 12CH, 02.00.00)

493. Visible quivering of a small muscle on the external facet of palm of left hand, on edge of hand. This corresponds to a point on the meridian of the small intestine; painless but a bit annoying; it lasts a few seconds then goes away. Happened over several consecutive days, at any time. (1, 12CH, 15.00.00)
494. Fasciculation of a small muscle on the front side of L tibia. P. tells me that this is a point on the « stomach » meridian corresponding to the large intestine. (1, 12CH, 25.00.00)
495. Pain in both calves, mobile cramp type, of short duration, ten seconds. (2, 5CH, 00.01.08)
496. Sensation as of cold feet when in fact they are warm. (2,5CH, 00.01.04)
497. Fleeting erratic pains of low intensity in anterior superior iliac spines, lateral facets of knees, elbows, all symmetrical, throbbing. (2, 5CH, 01.13.30)
498. Pain in elbows with sensation of stiffness. (2, 5CH, 02.02.21)
499. Stiffness in shoulders a sort of painful tension, ameliorated by movement. (2, 5CH, 02.02.21)
500. Pain in both shoulders, a kind of stiffness, lasted all day. (2, 5CH, 02.03.22)
501. Pain in R deltoid muscle and R wrist like tendonitis, agg. by movement, amel. by immobility, doesn't prevent sleep, but I can't lie on R side in other words on R shoulder. (2, 5CH, 23.00.00)
502. Bizarre sensation of legs feeling like jelly. (3, 7CH, 00.08.45)
503. Pins and needles in both feet. (3, 7CH, 00.08.50)
504. Fleeting pain in right thigh. (3, 7CH, 00.08.50)
505. Sensation of legs like jelly > walking, comes back when getting up after having stayed sitting. (3, 7CH, 00.08.50)
506. Pins and needles in both feet when sitting. (3, 7CH, 00.08.50)
507. When going up the stairs, streaking pain that makes me cry out in right knee. (3, 7CH, 00.11.00)
508. Pins and needles in both feet and sometimes intermittent pain in right Achilles tendon. I'm not worried but intrigued! (3, 7CH, 00.11.15)
509. In bed at 9:30 p.m., I fell asleep right away in spite of a dull and continuous but very tolerable pain in right leg. (3, 7CH, 01.00.00)
510. Tolerable pain in right calf from time to time. (3, 7CH, 02.00.00)

511. Pain during the night as of 3:15. Erratic pains right leg, L leg, L ankle, sudden appearance and disappearance. (3, 7CH, 35.00.00)
512. Tension and pain in hollow of left knee when sitting in the evening, urge to walk, to move, to stretch leg. (7, 30CH, 02.00.00)
513. Quivering in right hand, between thumb and index finger. (7, 30CH, 07.00.00)
514. Cramp under left foot when maneuverng in car. (7, 30CH, 07.00.00)
515. Pain and stiffness in knees when getting out of the car on a trip back home, amel. after taking a few steps. (7, 30CH, 08.00.00)
516. Pain in R ankle, and especially in front part of foot, after running for 45 min., lasts until I stop. (I have an old sprain there but I've never had such a severe pain before). (7,30CH, 14.00.00)
517. Cramp in R calf when stretching upon waking. (7, 30CH, 27.00.00)
518. Heavy calves when stretching, agg. on L, almost a cramp. (7, 30CH, 33.00.00)
519. Cramps in R or L thumbs when tightening something, several times. (7, 30CH, 33.00.00)
520. Pain in R ankle when walking and in L hip which gets locked in groin. (Known S on R, never on L. Gets jammed especially when getting started or when getting up out of a chair). (7, 30CH, 36.00.00)
521. Pain in L hip which gets locked when I walk, I limp slightly, with the impression of being rotated inwards with knee stuck towards the inside. (7, 30CH, 37.00.00)
522. Cramp in L calf upon waking. (7, 30CH, 40.00.00)
523. Tension in quadriceps above the knee. (7, 30CH, 40.00.00 et 7, 30CH, 41.00.00)
524. Tension in upper calf. (7, 30CH, 40.00.00 and 7, 30CH, 41.00.00)
525. Stiffness in legs which are aching in the morning upon rising. (7, 30CH, 58.00.00)
526. Pain in wrists agg. on L, while wringing out wet laundry. (7, 30CH, 59.00.00)
527. Bad cramp in L calf during the night. (7, 30CH, 60.00.00)
528. Tension in L quadriceps in the car or sitting at the beginning of a seminar. (7, 30CH, 60.00.00)

529. Both arms are heavy > when sitting, < when going back to lying on my back. (8, 5CH, 01.00.00)
530. Heavy arms. (8, 5CH, 03.00.00)
531. Upon waking: both arms heavy, spread out like the branches of a tree. Heavy and weighty, don't feel like moving them. (8, 5CH, 01.04.00)
532. Vague pain in knees. (9CH, 60.00.00)
533. Painful sensitiveness in quadriceps still present, although not as bad as before. (11, 12CH, 01.00.00)
534. Distinct sensation of heat in hands (and abdomen), feel ill, temperature: 37.6°C amel. in fresh air. Gradually starts to fade towards 7 p.m. and stops altogether at 9. (15, 30CH, 01.00.00).
535. Jerk several times when falling asleep. (15, 30CH, 02.00.00)
536. Itching on right little finger, outer edge at meta-carpophalangeal level. (16, 7CH, 00.00.00)
537. Among the anecdotes, I broke the front part of my right big toenail, while doing the work putting in the mezzanine floor. (16, 7CH, 33.00.00)
538. Sensation of heat in thighs at night when trying to go back to sleep, need to remove covers but then I'm too cold when they're off. (17, 9CH, 02.00.00)
539. Cramps in toes on right. (17, 9CH, 13.00.00)
540. Redness and itching in palms of hands, between thumb and index finger. (17, 9CH, 13.00.00)
541. No energy in my legs, they feel limp, better after breakfast. (17, 9CH, 14.00.00)
542. Itching and redness localised in palms of hands, exactly symmetrical, between thumb and index finger, for an hour. (17, 9CH, 14.00.00)
543. For the past week, on occasion I've been getting the forewarning of cramps (foot, leg, even in the back), which is rare for me. Walking barefoot in the kitchen, I get cramps in toes of L foot except 1st and 5th. (17, 9CH, 25.00.00)
544. I notice that the diffuse articular pains (hands, feet, back) which I am used to getting, have gotten worse. More later this summer. (17, 9CH, 31.00.00)
545. I feel hot in extremities; they are warm to the touch. (20, 5CH, 03.00.00)
546. Pain in R thigh when I extend my knee and block it. (21, 9CH, 00.00.00)

547. All morning long, I have a pain going from thigh to R knee, with the same sensation: a pain as if there were an iron rod on the outer side of my thigh, pain aggravated going up the stairs. (21, 9CH, 04.00.00)

548. Reappearance of a pain in heels when walking, especially in the morning, same as about a year ago. (21, 9CH, 19.00.00)

549. I notice for the past few weeks, my feet are restless, sitting or in bed, chilliness but also urge to stick my feet out of bed at night, nervousness with need to do odd jobs with my fingers. (23, 30CH, 52.00.00)

Sleep

550. Sensation of weariness and great urge to sleep. (3, 7CH, 00.10.00)

551. Last night in bed, I was unable to read even a few lines the way I usually do, just couldn't, I didn't think I was that sleepy when I went to bed (not unknown but rare for me, even when going to bed late). (6, 7CH, 03.00.00)

552. Happened twice during the afternoon, the sleepiness tended to come back whenever I sat down (6, 7CH, 03.00.00) (again, a general impression, that these are my own symptoms but intensified). (6, 7CH, 04.00.00)

553. Went to bed at 11:30 p.m., slept straight through 'till 8:30 a.m., exceptional and very pleasant. (6, 7CH, 22.00.00)

554. Sleepy in the beginning of the afternoon. (7, 30CH, 00.06.00)

555. Woke up at 3:30 a.m., too hot, sweating, urge to urinate > lying down flat. (7, 30CH, 14.00.00)

556. Woke up twice last night, not rested upon rising and sleepy all day. (7, 30CH, 23.00.00)

557. Yawning after having stretched and done some breathing coming back from work, it relaxes my back and neck. (7, 30CH, 27.00.00)

558. Have a hard time going to bed before 11:30 or 12 p.m., always something to do. On the other hand, had a hard time emerging in the morning, amel. after breakfast. (7, 30CH, 33.00.00)

559. Wake up at around 4-5 o'clock. (7, 30CH, 44.00.00)

560. From 10 to 12, impression of deep sleep. When taking a « nap » related to fatigue. (9, 30CH, 02.00.00)

561. Wake up at 5 o'clock with a bellyache. Tense abdomen kind of like the day before, in the morning but not as severe. Went back to sleep quickly. (10, 9CH, 01.00.00)

562. Wake up at 7 a.m. sensation of hunger. (10, 9CH, 01.00.00)
563. Wake up at around 5:30 after an unpleasant dream which stays with me and picks up where it left off when I go back to sleep. (10, 9CH, 02.00.00)
564. Sleep disturbed by this sensation of having a hollow in stomach, almost a pain above umbilical area taking over the whole diaphragm with anxiety. (11, 12CH, 06.00.00)
565. Insomnia at 4 o'clock in the morning. (13, 7CH, 10.02.00)
566. Restless sleep. (14, 5CH, 01.00.00)
567. Wake up at 2 o'clock in the morning, not sleepy anymore even though I went to sleep at 11:30. (16, 7CH, 02.00.00)
568. Night's sleep interrupted several times by noisy cats, mice in the house. (16, 7CH, 15.00.00)
569. Vague attempt to get up out of the couch towards 3 p.m. because need to sleep. (19, 30CH, 01.00.00)
570. Get up from my nap at 4:30 p.m. in other words a 2½ hour long nap which is not characteristic of me. (19, 30CH, 01.00.00)
571. Have a hard time coming out of my nap. (19, 30CH, 01.00.00)
572. Wake up on my stomach. (20, 5CH, 02.00.00)
573. Wake up on stomach. (20, 5CH, 11.00.00)
574. Wake up at 2 o'clock in the morning, too hot, I open the window up all the way. (20, 5CH, 14.00.00)
575. Take a 1 hour nap when back from a hike. Hard to wake up, feel weak and sensation of heaviness > when eating. (22, 7CH, 01.00.00)

Chill

576. Chills, like a sensation as of localized coldness, on my back between shoulders, on chest and arms, lasted about 3-4 seconds but was perfectly clear. (2, 5CH, 00.00.34 et 00.00.54)
577. Chills on torso. (2, 5CH, 00.05.34 et 2, 5CH, 00.11.38)

Fever - Heat

578. Marked sensation of heat in hands and abdomen, feel ill, temperature: 37.6°C amel. in fresh air. Gradually fades away towards 7 p.m. and stops altogether at 9. (15, 30CH, 01.00.00)

Perspiration

579. Profuse perspiration while running. (7,30CH, 41.00.00 and 7,30CH, 42.00.00)

Skin

580. In the morning: sensation as if a worm were wiggling under skin of tibia. Fleeting sensation, without any itching. This sensation was felt again towards 3 p.m. (3, 7CH, 03.00.00)

581. Skin not as dry as usual. (8, 5CH, 03.00.00)

582. Prickling all over my body, like tiny needle pricks, wakes me up. Go back to sleep easily. (13, 7CH, 03.00.00)

583. I have scaly blotches which flake on my fingers, on the edges, with tiny cracks in the folds. (7, 30CH, 14.00.00)

584. My phalanxes turn dark, almost brown, as if skin were dead, especially on index fingers of both hands. (13, 7CH, 10.02.00)

585. A lump 5mm in diameter on inside of left forearm. Doesn't appear to be an insect bite. (16, 7CH, 01.00.00)

586. First appearance of a bump, like a mosquito bite on L foot, and on wing of L nostril. Yet, no mosquito. (17, 9CH, 24.00.00)

587. I notice these bumps, like mosquito bites, one on my foot, one on my hand and the last one at the beginning of cleft of the buttocks. However, no mosquito! (17, 9CH, 25.00.00)

588. A graze, first appeared during the night like a scratch on upper part of thigh, front side. 1.5cm high, red outside, white inside. Doesn't itch. No itching. Sensitive to the touch (don't recall getting scratched or grazed on anything). (19, 30CH, 06.00.00)

589. Healing of the scratch is taking a long time. (19, 30CH, 07.00.00)

590. The scratch or even the ulceration has finally healed, with a darker coloring than the rest of my skin. (19, 30CH, 12.00.00) (Prover's remark: In my opinion, this scratch should be attributed to the remedy. It first appeared at night. In the morning, I had an itch and discovered the graze. I really don't see how I could have done such a wound to myself in my sleep. I was wearing pajama bottoms so a spider bite is excluded also.)

Generalities

591. Sensation of freezing cold on my back, chest, abdomen. I think “could it be *Eupatorium?*” Here is the context: last night, I went to bed late, 2 o’clock in the morning. At 8:30 I took the dose then went back to bed, trying to go back to sleep, this cold sensation comes back then, I had my notebook and pen by the bed. Every time that I would sit up to write, the cold symptoms or the cramps would disappear. (2, 5CH, 00.01.19)

592. Sensation of heat making me take off the sheet for a few seconds. (2, 5CH, 00.01.34)

593. Sensation of unease, anorexia. (2, 5CH, 00.05.00)

594. Fleeting erratic pains of low intensity in frontal sinuses, anterior superior iliac spines, lateral facets of knees, elbows, all **symmetrical**, throbbing. (2, 5CH, 01.13.30)

595. Sensation of heat at night. (3, 7CH, 03.00.00)

596. I got hot last night between 1 and 5 a.m., slightly damp, poked arms and legs out of bed. I’m usually chilly and my companion, who isn’t, wasn’t too hot last night. (3, 7CH, 04.00.00)

597. Sensation of heat at night. (3, 7CH, 16.00.00)

598. The only thing that strikes me a little is that I’m not as stiff as I could be when waking, I don’t have pains in my body although I spent some time in the garden yesterday, on the other hand, it doesn’t seem that exceptional either. (6, 7CH, 01.00.00)

599. No delayed stiffness after the days I spent gardening, as might have been expected. (6, 7CH, 02.00.00)

600. If I were to summarize my general impression of the proving, the strongest points:

- notable visual symptoms, and dreams in relation to this (especially the one with the zooming in and out effect) - energy and hyperactivity in the beginning phase, subsequently with a more neutral phase and a more morose atmosphere during the following weeks - maybe a certain frustration from not having had lots of symptoms - retrospectively, I didn’t go out walking as much as I normally do. (6, 7CH, 60.00.00)

601. Some tiny flies land on my chest, I’m wearing a yellow sweater, same thing happens again in the afternoon. (N.B. The supervisor thinks that they are flea beetles, attracted by the yellow color of the T-shirt.) (7, 30CH, 00.06.00)

602. Desire for chocolate after dinner. (7,30CH, 38.00.00)

603. Hot flashes and perspiration for a week. (7,30CH, 46.00.00)
604. Desire for chocolate in the evening. (7,30CH, 56.00.00)
605. Definite sensation of fatigue with need for sleep. Slept heavily. Took a 45 min. long nap, slept at work. (9, 30CH, 01.09.00)
606. Fatigue (9, 30CH, 02.00.00)
607. Sensation of exhaustion and need to sleep. (9, 30CH, 02.00.00)
608. Tennis every other day. I feel really fit, I ran for an hour yesterday. (9, 30CH, 09.00.00)
609. Fatigue, stiffness. (9, 30CH, 16.00.00)
610. Fatigue, stiffness. (9, 30CH, 17.00.00)
611. Desire for chocolate, for « junk candy ». (9, 30CH, 35.00.00)
612. I've been doing lots of sports. (9, 30CH, 35.00.00)
613. Chilliness is an old symptom but it was clearly present before and right after taking the doses. (9, 30CH, 60.00.00)
614. Great weariness from 10-12 o'clock, with need for sleep, rarely feel this in the morning, so, I take a 1½ hour nap from 12:30 to 2 p.m. (12, 12CH, 02.00.00)
615. Desire for a sparkling beverage, like tonic. (13, 7CH, 00.05.00)
616. Pains all over, “wiped out.”¹³ Impossible for me to bend over in the morning. Pain in upper foot, middle of thighs, thumbs. (13, 7CH, 31.02.00)
617. Fatigue (14, 5CH, 01.00.00)
618. Although the night was short – I read from 3 to 5:30 – am in good shape. (16, 7CH, 03.00.00)
619. Sensation of heat in upper part of body between 10 a.m. and 1 p.m. (17, 9CH, 02.09.00)
620. Less tired than usual coming home from work. (17, 9CH, 02.12.00)
621. Sensation of hot flashes at around 10:30, lasted about 30 minutes. (17, 9CH, 04.00.00)

¹³ translator's note: *cassé* slang word meaning literally *broken*

622. I have a cup of coffee at 10 a.m. I don't drink it anymore, but I really wanted some! (17, 9CH, 06.00.00)
623. I notice that I am often hot. (17, 9CH, 09.00.00 et 17, 9CH, 14.00.00)
624. Itching and redness in palms of hands, **exactly symmetrical**, between thumb and index finger, for an hour. (17, 9CH, 14.00.00)
625. Feel chilly, have goose bumps on forearms. (19, 30CH, 00.06.00)
626. Feel chilly (maybe due to the contrast between the heat wave outside and the cold house). (19, 30CH, 00.12.00)
627. Tired at 1:15 p.m. (19, 30CH, 01.00.00)
628. Need to take a nap – which can happen to me from time to time – for 40 min. (19, 30CH, 01.00.00)
629. Quickly tired. (19, 30CH, 02.00.00)
630. My (female) companion points out that I not dressed as warmly as usual, less sensitive to the cold. (23, 30CH, 01.00.00)
631. Sensation of radiating heat with clammy skin and head congestion, which feels as if it had gained in volume. No congestive coloration of the face. (23, 30CH, 01.12.00)
632. At the office, I get pissed off at the spams that block up my mail box. I swear at the bastards who waste all their energy « bugging other people », I rant and rave and feel even hotter. Outside on my bike, I forget about this hot sensation but it comes back as soon as I go indoors. (23, 30CH, 03.00.00)

oooooooooooooooo

During the proving meeting, a certain number of facts emerged:

- A prover was attacked by two crows that dove down upon her as she was going to mail some letters. (1, 12CH, XX, XX, XX)
- The same prover painted some uncharacteristic pictures with enormous paintbrushes, she only had two tubes, violet and orange (had forgotten her other oil paints) and did an enormous oil painting. Painted things in relation to clouds, the cosmos, freedom, fluidity, “colors that I don’t usually use.” “I don’t look at anything but the clouds now. I used kitchen ingredients, salt, saffron, as if a part of the creativity wasn’t coming from me.” (1, 12CH, XX, XX, XX)
- A prover reported that her hens had been attacked by an eagle. (16, 7CH, XX,XX,XX)
- A prover specified that she had taken the second dose while hiking down a mountain!! (22, 7CH, 01, 00, 00)

Analysis of the proving of *Lac rupicaprinum*

The proving methodology having been described previously, we now present the main symptoms classified according to theme, hopefully rendering this proving – about 50 pages long – more readable. The complete symptoms, in chapters according to Kent's repertory, are also listed at the end of the document, thus permitting readers to approach the medical material in their own personal way.

We shall add here that it was under a suggestion made by Guy Loutran (during the proving meeting on July 30th, 2007 when all provers and supervisors were brought together) that we decided to allow those who so desired to express their understanding of the medical data – prior to the unveiling of the remedy. It is true that knowing what the substance was rendered it particularly difficult for us to keep from linking the animal and the symptoms, and hence difficult to avoid succumbing to a certain zoomorphic or anthropomorphic interpretation, depending on which side one chooses to stand from.

1. ANIMAL, animal world, animal language, animal attack, attack from the sky, protection of young

◆ Animal language, mimicry

*Readers may have noticed that the provers used striking expressions seemingly pertaining to animal language. Hence the importance of recording the prover's exact words¹⁴. One should bear in mind when dealing with animal remedies – as was clearly demonstrated with Scorpion – that, unbeknownst to himself, a prover may experience animal perception **from the inside**.*

For instance, we were astounded that one of the provers decided to take her second dose on a hike, when descending a mountain. What a strange thing to do. Coincidence?

We were also rather surprised when a prover described having the sensation as if her left eye were going to come out of the orbit. Reminiscent of keratoconjunctivitis, an ailment certain chamois suffer from, causing them to go blind and even sometimes making their eye melt away.

- After reading a novel about a man who had found his old love again (she had decided to look him up because she was dying and wanted to **sense**¹⁵ him one last time) [...] (R7)
- Joyousness with urge to sing, still hyper, lively, pleasant, **it makes my cats laugh**. (2)
- **My phalanxes turn dark, almost brown**, as if skin were dead, especially on index fingers of both hands. (13)
- During the proving meeting, the prover speaks of having had the **sensation as if her L eye were going to come out**, as if it were being gouged out of the orbit with a small instrument, and that it

¹⁴ translator's note: and hence of translating them as literally as possible

¹⁵ translator's note : the French verb *sentir* refers to both the sense of touch and the sense of smell

was going to come away. Afterwards, same thing happened on the other side but less intense. (13)

◆ **Relation to animal world**

As is often the case with animal provings, there are themes pertaining to the animal world.

- Dream: of cats, of my neighbor and her cats, but it isn't very clear. (R17)
- Night's sleep interrupted several times by noisy cats, mice in the house. (16)
- Dream: I see two kids on a very very high bridge holding by the reins a **horse** that is on the other side, on the abyss side... the horse is in great danger of falling; I wake up before it falls, surprise but no real fear. (R16)
- Dream: [...] a horse-drawn carriage with **4 horses**. A passer-by takes the carriage and in a magnificent gallop flies up into the air above us. [...] (R 8)
- Dream: [...]: I don't usually dream of **snakes**, it happened once over a proving for another remedy, and it wasn't threatening or felt to be so, not like the ones this morning, because they were popping out from everywhere, so much so that when I got up I still had the impression that they were going to come out all over the house! Not a pleasant dream at all, [...] (R6)

Other animals can be found in the dreams, notably sharks, flies (see the complete proving).

◆ **Animal attack, self-defence and protection of young, attack from the sky (see also Danger, the helicopter)**

Roughly, the dreams indicated fairly clearly what dangers threaten the chamois, as well as the nature of the predators that aggress them. There is also the theme, classical in milks, of protecting a young one and of group cooperation in the face of an aggressor. We have seen that the fox, the wolf, the lynx and the eagle can be predators to the chamois. Generally the animal being attacked is either weak, ill or young.

- Dream: **attacked by a dog**, I dreamt this twice during the night, by two different dogs. (R5)
- Dream: in normal color this time! A serial killer is **slitting cats' throats**. In fact it starts with a picture where this killer grabs me from behind, his knife is under my throat. Then an « off » voice says something like: "it's the method of action of the killer", but I feel nothing, neither fear, nor pain. Then I see this knife under the throat of a gray long-furred cat (about 8 months old). It has blood under its throat and the knife goes all the way around. It's strange because the cat is looking straight ahead with a normal expression on its face, as if nothing were wrong, it isn't afraid, nor in pain. As for myself,

having seen this, I feel nothing, it isn't like a nightmare at all and that's how the dream ends. No one dies, not me, not the cat. The last image is of slight bleeding coming from its throat which looks superficial. It was like a documentary on TV... What happened, did we swallow the boob tube or what? (R2)

- Dream: I remember being with several people, who are coming and going, and there's some question about **cats** and **dogs** in a kennel. Then I am by myself in a car, this takes place in the area I live in, and suddenly I notice a **lion** hunting some **roe deer**, and **it then attacks a herd of cows** coming onto the road. The farmer's wife kills it with a pitch fork and runs away. (*It's worth mentioning that the next day, the prover goes for a walk in the country with her dog and sees two roe deer. « It really made me laugh, after that, I expected to see... the lion! ».*) (R17)
- Dream: I'm walking in the countryside, very green, sky is storm-grey on one side, **some hunters** in the distance, brown **cows** nearby, and all of a sudden, one of the cows starts to run in an peculiar way, and I realize that there is a dog between its forelegs; first I think it's one of the hunters' dogs come to pester the cow, but then I see that in fact the **cow is carrying the dog, which is small, to protect it from the assaults** of a very large bird, a hawk, or rather **some sort of eagle**, trying once more to take back its prey, and the cow keeps the dog or puppy in between its legs and strikes with its horns when the eagle comes on, but it's not very easy for a cow to carry the dog, it falls and runs every which way not knowing where to go, the eagle catches it, but, hindered by the cows that come to strike it with their horns, lets go. The dog runs, everywhere, and races towards me!! big question: what should I do? I'm not the size of a cow, that eagle scares me, I look around and see a thicket of trees and think that maybe I can grab the dog and run over there... but then, in the dream, something visual happens afterwards, a circle, like a telephoto lens, with the sensation of zooming in and out, as if trying to come into focus, onto something brown and green that I can't identify, maybe a part of the landscape... this impression was so keen that it woke me up, and I wondered if it wasn't like in **the eye of the eagle**, focusing to seek its prey. Really an amazing dream, a sensation like I never had in a dream before.. (R6)
- Rather complicated dream of which I only remember a fragment where I am trying to **protect or hide** someone (a woman or a child?), and to do so, in a field, I manage to cover him/her up with tall grasses, yellow like straw, because **it's from the sky, maybe from a plane or from a helicopter, I don't know, that she might be seen**, and I'm trying to hide too, and thinking at the same time because I know that they're going to bring whatever they need to cut the grass and we'll have to find another hiding place, so I move closer to a very tall haystack, cut into cubes all piled up (as if the field had already been reaped) and I mention something about dropping hay on top of us maybe, I don't really know if all this is a game or real danger... but on waking, it reminds me of the story

about the eagle, the cow and the little puppy (the field, protecting, seeing from above...) (6)

- A prover was attacked by two **crows** that dove down upon her as she was going to mail some letters.. (1) (*Symptom reported when sharing experiences during the final proving meeting.*)
- A prover reported that her hens had been attacked by an **eagle**. (16) (*Symptom reported when sharing experiences during the final proving meeting.*)

2. GIGANTICISM

The gigantism in question here involves outdoor spaces and buildings

- Dream of an enormous metal suspension bridge (R1)
- Dream: I go past a house under construction, enormous (R1)
- Dream: I come out of a huge hospital (R9)
- [...] I rarely dream of large outdoor spaces (R9)
- Dream: we are together with my daughters in a hospital or a huge high school (R17)
- they settle us down in the back of a large room (R10)
- I was an observer in a sort of hospital with a large common-room (R11)
- We go up a grand and beautiful white staircase (R16)
- Dream: of big battleships (R16)
- I am in this grand hotel with my family (R17)
- I'm carrying carrots in a frying pan with a very long handle (R21)
- I have to go down a tall ladder with my bike (R21)
- I take on a major job¹⁶ (3)
- Dream: they have torn down the housing project of villas and replaced it with a gigantic supermarket (R2)
- Dream: there are tall buildings like the ones they used to put up in the 1960's (R2)
- Dream: protect a dog from the assault of a very large bird. (R6)
- Dream: a large room [...] large round tables (R10)

3. NATURE

As shall be seen, many provers expressed, either in their daily lives or in their dreams, an acute perception of nature, its sounds, its colors, its smells. They were particularly sensitive to the sky and clouds. We saw in the theme of Verticality that they described landscapes as if they were being seen from up above, like a panoramic view, often mentioning cliffs, slopes, mountain climbing and ladders. Of course this can be correlated with the chamois' exceptionally developed senses of sight, smell and hearing, all very developed, and also with the habitat in which it lives.

To be compared with the next theme (see Food)

¹⁶ translator's note : *chantier* = construction work

- Dream: I go past a **house** under construction, enormous **full of bay windows**, but with a distinctive feature, it has been built with a road going right through it. The house starts at the bottom of a field and goes up following the road, crosses it and ends in another field. It gives the impression of being **totally integrated with nature**. [...] (R1)
- I painted some uncharacteristic pictures with enormous paintbrushes, I only had two tubes, violet and red (had forgotten my other oil paints) and I did an enormous oil painting. I painted subjects in relation to **clouds**, the **cosmos**, freedom, fluidity; colors that I don't usually use. I only look at the clouds now. I used kitchen ingredients such as salt, saffron, as if a part of the creativeness wasn't coming from me. (1)
- Dream: [...] we end up **under the trees, in the shade with a superb view**: peaceful atmosphere. (R10)
- Dream: I am in a house with the **doors and windows open everywhere**, grass very green, friends, laundry is being hung up to dry next to big bonfires, knowing that it will smell of smoke, but that's good. (13)
- Dream: I go for a drive in a tilbury, in a **sunny landscape and steep, pleasant**. (R16)
- I have felt rather light-hearted over the past three days, like when I was a child and was joyous. **I find nature to be so magnificent** and I almost want to sing. (17)
- **Very intense vision of colors, fruit, cherries, raspberries**; of contrasts, green/red, white clouds in the sky, greys or blacks, the stormy weather. (7)
- **Smells seem exquisite to me**, the linden trees in the street, a woman's perfume, the **flowers** in the garden. (7)
- **I appreciate the bright colors in the fields in the late day sun**. Respond to the orangey color of the walls at the conference center. Perceive colors more acutely, yellow/bright green/dark green. (7)
- Sensation, while I'm gardening, of hearing **the sounds of nature**, in particular **sounds made by insects**. (21)
- Feel that my **sense of smell is more acute**: the smell of the cat box is unbearable, I have to go change the litter. (21)
- Dream of the last image of a **sunset** darkening the clouds, I can see the orangey-pink color of the sun and the great storm-grey clouds gradually taking over and turning everything into darkness. (R6)
- Rather complicated dream of which I only remember a fragment where I am trying to protect or hide someone (a woman or a child?), and to do so, in a field, I manage to cover him/her up with **tall grasses**, yellow like straw, because it's from the sky, maybe from a plane or from a helicopter, I don't know, that she might be seen, and I'm trying to hide too, and thinking at the same time because I know that they're going to bring whatever they need to cut the grass and we'll have to find another hiding place, so I move closer to a very tall **haystack**, cut into cubes all piled up (**as if the field had been reaped already**) and I mention something about dropping hay on top of us maybe, I don't really know if all this is a game or real danger [...] (R6)
- Dream: I'm walking **in the country, very green, storm-grey sky** on one side, hunters in the distance, **brown cows** nearby [...] (R6)

- Lips (and nostril openings) slightly irritated, such as last night (after having been out in the sun and garden): but not ameliorated by Calendula cream which usually works. (6)
- Lights around my eyes: like a luminous halo all around the center of vision. I can see clearly straight ahead but there are like spinning suns all around the sides. (13)
- Feel sad and morose, agg. by gray skies and rainy weather, annoyed at not being able to go out and garden. Next day, same mood in spite of the sun. (7)

4. FOOD: vegetables, garden, grass and snow, salad, aggravated by cherries, salt

It is striking to observe that many of the dreams expressed how the animal nourishes itself. Green vegetables, salad, gardening are often mentioned. What struck us more was a dream in which both snow and vegetables were present. In winter, the chamois must often make do with the rare plants that stick out of the snow or that they uncover with their hooves, grasses, as moss or lichen stuck onto rock where the snow doesn't stay for long.

*In summer, the chamois feed on alpine clover, *Coincya richeri* (or Richer's cabbage), umbelliferae (Apiaceae), plantain, Gramineae (or true grasses) and, flowers. It is worth mentioning that they eat only the tips. They also like the leaves of certain mountain shrubs (*Sorbus aucuparia* or Mountain ash, alders). And don't mind eating blueberry and raspberry sprouts either.*

They drink very little and are avid for salt. A prover mentioned that salt seemed drab to her and that even seawater didn't taste salty!

- On rising: feel nauseous, a heavy stomach, however, I did eat all those **cherries off the tree** yesterday. (3)
- I **choke biting into a cherry**, from the juice in my throat, in the evening towards 7 p.m. Setting off a coughing fit+++ , suffocation, no more air, and nausea for 5'. My 11 year old daughter panicked, I just yelled at her for not having helped me. (7)
- **Very intense vision of the colors of fruit**, cherries, raspberries; of contrasts, green/red, white clouds in the sky, greys or blacks, the stormy weather. (7)
- Dream: I am **skiing** with my family; there is a lot of **fresh snow when in fact it is spring**. Afterwards I go to **buy vegetables to plant in the garden**. (R17)
- Dream: I go skiing by myself, it's the same season as it is now (the beginning of May) and there is just **as much grass as there is snow**. It's odd, that this doesn't seem to disturb me. (R17)
- Dream: I was away from home and when I get back, there are lots of **vegetables in the garden**. I can't figure out how they could have grown in such a short time (21)
- Dream: I am making a meal: the main course is baking in the oven; I start to wash the **green salad** that I had forgotten to prepare. [...] (R7)
- Dream: we are getting prepared for a wedding; my sisters and my mother are all there. All kinds of party clothes are hanging all around the room.

Then my sisters start making **sweet and savory salads** and take up the whole table which hadn't been cleared of all the papers and things. Impression of cluttered profusion. (R7)

- Dream: I am serving a meal; I'm carrying **carrots** in a frying pan with a very long handle. I come up to a closed window. When I try to open it, the carrots slide off the pan and fall onto the floor. On the floor, there are a lot of flies, dead or alive. I feel overwhelmed by the events. (R21)

5. METAL STRUCTURES

The fact that provers frequently mentioned metal structures could be explained by the presence of more and more metal structures for ski resorts in the mountains such as pylons and towers, chairlifts, snowmaking machines, etc... Moreover, the conditions under which the capture was made, involving a net coming down upon the chamois from a metal mast, may be in relation with the symptoms. This theme is to be examined along with those of verticality and its corollary, hindering mobility.

- Dream: I go visit my elder sister who has just moved into an apartment that is up high. You get to it by a kind of scaffolding. I ring the doorbell, she shows me the kitchen; the apartment isn't finished: adjacent to the kitchen, the cement on the terrace is still loose, the glass door isn't framed; the railing is made of floorboards... The other rooms are in semi-darkness, there is some kind of **metal staircase** [...] (R13)
- Dream: of some sort of gigantic merry-go-round which, whirling around, goes way up into the sky. I was on it and could see the guy ahead of me barely holding on to the **metal structure** with one hand. [...] (R8)
- Dream: very strange about one of my sons, an infant; locked up in a **metal cage** at the daycare center (R20)
- Dream: we want with my companion to go do some rock climbing. We end up in a strange place, there's an enormous **metal suspension bridge** [...] (R1)
- Dream: « family is a frame » and I see someone putting a **rectangular metal frame** into a canvas to give it shape (this person is putting up a camping tent). (R7)
- Dream: that a **metal wire was being slipped through my body**, from shoulder to foot, on the right side, it's painless, as if a wire was being pushed through a sheath; this metal wire curves my body to the right. (R21)
- All morning long, I have a pain going from thigh to R knee, with the same sensation: a pain as if there were **an iron rod on the outer side of my thigh**, pain aggravated going up the stairs. (21)
- Dream in which I am handcuffed without having committed any crime, both my hands are chained together using a fairly long **chain**. (11)

6. MOUNTAIN, Skiing, Snow

It is true that the provers involved in this experimentation live in a mountain area and that many of them are skiers. But not all of them! And those that we questioned don't usually dream of skiing.

So, environment of the chamois, environment of the prover?

In any event, it must be made note of that, on several occasions, snow, grass and vegetables were associated (see theme of Food).

- Dream: I go **skiing** by myself, it's the same season as it is now (the beginning of May) and there is just **as much grass as there is snow**. It's odd, that this doesn't seem to disturb me. (R17)
- Dream: I am skiing with my family; there is a lot of **fresh snow** when in fact it is spring. Afterwards I go and buy vegetables to plant in the garden (R17)
- Dream: [...] **it's snowing** and I keep skidding with the car, and all at once, there isn't any snow anymore right nearby. (R17)
- Douleurs abdominales péri ombilicales (entre 7-8h) pendant une randonnée à ski. (11)
- Dream of pleasant skiing. (R10)
- Dream: a woman is annoyed, she seems to be the owner of a **lodge in the mountains** where I stop over with some other people. (R6)
- Dream: Dream in which I see my eldest daughter go **up a slope with a rope lift** but in the **grass**, in her PJ's as if she had just woken up. (R6)

7. BREASTS, bare breasts, low cut clothes, tips of breasts, supernumerary breast

In the same way as Lac canium has revealed itself to be an excellent breast remedy, so it seems that Lac rupicaprinum could have a tropism for this organ, judging from the number of symptoms felt by the provers. The localisation of the nipple is in reference to breast feeding.

"A chamois nursing period is very short, 50 seconds approximately. Most often the kid approaches its mother's mammals by going under her chest, thus probably allowing the mother to identify her young. It suckles knees bent." (Laurent TARNAUD. Laboratoire de Biosociologie Animale et Humaine, Université René Descartes, Mémoire de DEA)

- I have a vision of a baby on a woman's **low-cut blouse**, very maternal, (return of very old symptom which can appear when in a state of relaxation, or at times like this, alone in Paris contemplating paintings at the *Musée d'Orsay*). (7)
- Dream: we are all at table, sitting in a picnic area at wooden tables with benches. Across from me are two young people (girls or boys?) and I am facing them **bare breasted!!** (this is unusual for me). I can perceive people around us. All of a sudden there is a gust of wind, I'm cold and **I get the sensation that the tips of my breasts have hardened**. That's all. (R3)
- On this day, just this scarce pinkish discharge and the sensation of perineal distension that goes along with it, so much so that I feel insecure there, but with no urinary problems, **breasts have been quiet** for about a week. (6)

- A drawing pain between right armpit and breast nipple (recent symptom), and **nipples sensitive** on both sides (recent symptom), sometimes a slight drawing sensation on left also, nothing more, nothing less. (6)
- Dream: [...] she shows, through her tight cyclist clothing, **a third breast** on the back side of her right arm. And since I don't really understand this dream, I don't really know why but the end part, the « coming out », replays once more. And this time she holds herself up, and you can see, through her clothing drenched in sweat, **two breasts, one on top of the other on each side.** [...] (R2)

It is worth noting that the female chamois has 4 mammals of which only the hind pair are functional. Michelle SARRAZIN who is very interested in lacs reminds us that the dream of having bare breasts comes up in several milks, more particularly in Lac equinum and Lac asininum.

8. FRIENDS, FRIENDSHIP, GUESTS (see Family)

- Dream: (in an apartment that is up high) there are about ten friends in groups of twos or threes who whisper and greet me. (R13)
- Dream: I am in a house with the doors and windows open everywhere, grass very green, friends (R13)
- Then I am with two old friends, and I say to myself that I don't see them often enough anymore and that our friendship could wan because of this. (R16)
- It isn't unusual for me to dream about friends from a long time ago. The nuance here is that this time it's girls (R16)
- Dream: I go visit some friends: it's snowing. (R17)
- Dream: of a gathering of many friends, of a female cousin. (R19)
- Morose but calm, impression of stepping back from my friends. (6)
- Joyous mood, a little euphoric, all the outer conditions have come together for this: my friends, the people around me all notice and say so. (10)
- I invite friends over. Well organized. Didn't panic during preparation. (20)

9. FAMILY, GROUP, family reunion, conviviality, parents, husband, daughter, many girls, sister, cousin (female), niece, getting together again, bonds, consciousness of group, remembrance of the deceased...

What stands out in this theme is of course the importance of family, of the group. The notion of solidarity, defending the young (a female chamois has only one offspring per gestation period) against the attack of predators, hunters and other dangers (in particular danger coming from the sky). One will also notice the pleasure of getting together with the family, for a meal, a wedding, to reminisce about beloved relatives who have died, feeling bonds that go beyond death. This must be fairly common for an animal that (optionally) lives in herds that can reach more than a hundred head. However, what really struck us most forcefully was the mother-daughter bond and also the importance of the family.

This can be correlated with the very strong relationship the female chamois has with her female kid.

- [...] When I wake up, I have the perception that this is the first time since taking the remedy that I feel that all of us, **the prover as a group**, are bound together by this proving, and not individually each one of us at home. (1)
- Dream: we are getting prepared for a wedding; my sisters and my mother are all there. (R7)
- Dream: two young boys come out of consultation. There are three more in the waiting room and two others come out from other rooms: they are all brothers, 5 orphans. The elders take care of the younger ones. But they have no qualms about going all over the place in the apartment and I wonder what they have touched or if they can have taken anything. (R7)
- Dream: I'm with my father's (numerous!) family and we are all assembled, (R17)
- Dream: I'm with my family, my children and husband. We are with my in-laws, congenial atmosphere. (R17)
- Dream: I am in this grand hotel with my family and some people I seem to know. (R17)
- Dream: I am at a cousin's house with his family (a cousin I get along well with and who we visit regularly). (R17)
- Dream: I am skiing with my family. (R17)
- Dream: of a gathering of many friends, of a female cousin. (R16)
- I feel the need to be with my family (parents, brother, sister...), which is characteristic of me. Whatever, this is what I feel, so I go to my parents' house with my husband and daughters, and we spend a very pleasant afternoon. (17)
- Dream: of a person (who) takes her own life with the family, her loved ones, all around, a sort of deliberate end of life ritual (as Indians or other ethnic groups have). (R6)
- Dream: my eldest daughter is waiting impatiently that the mother of a girlfriend in her class give birth. Then I bump into the mother with two of her daughters and I see that she doesn't have a big belly anymore. I say to her « But then it's done, you've had the baby, what is it? » « A 6th daughter! » (she has, indeed, had 5 daughters already, one of which is deceased). And she goes on to tell me that her eldest daughter is also expecting a baby. I rush towards my daughter's classroom to tell her the news and then I think that I should really be announcing this to the baby's sister, and to her other sister too, who are both at school also. (R7)
- Dream: It isn't unusual for me to dream about friends from a long time ago. The nuance here is that this time it's **girls** (R16)
- Dream: « family is a frame » and I see someone putting a rectangular metal frame into a canvas to give it shape (this person is putting up a camping tent). (R7)
- Dream: there are large round tables where they (the doctors) are talking **very casually** with the patient, her family, her loved ones, to make the situation less dramatic. (R10)
- Dream: Normally we never can manage to all get together, but this time we do. We visit a town and go to a house out in the country to have a meal together. A cousin is missing, her father passed away a year ago, she isn't with us. A curious sensation, between joy and sadness because the deaths of 2 brothers and 2 sisters are in the minds of each of us but we don't mention it. (17)

10. MONEY, LUXURY, casino, champagne, sports car, jewelry

- Dream: I am in the company of K, L and Y, and the talk is about income and revenue, for each of us, and we see that L, who works in Switzerland, has no problem getting money to come in. (R16)
- Dream: I am walking on a busy street in a foreign town. Suddenly I see **paper bank notes poking out of a cash dispenser as if it were at the entrance to a casino**. Without thinking, I start **pulling the bills out, they come out easily in large quantities**, everything that has been played during the night and I stuff both my jacket pockets. Then I wonder until I wake up how I am going to manage to hide them and go back over the border without getting caught by customs police. I wake up relieved that it was only a dream and yet a little disappointed (dream reminds me of *Kalium bromatum*). (R1)
- Dream:[...] (a house) It gives the impression of being totally integrated with nature. I ask the architect how much it costs: **a million euros**. I think to myself that it's **too expensive** but I like it a lot. (R1)
- Dream: we have all come together to celebrate a birthday; we drink delicious **champagne** straight out of the bottle. We go back and forth in a very beautiful place above a swimming pool all lit up [...] At the end of the party, a friend comes to pick several of us up in a **sports car** and says very proudly: « in 3 hours we'll be in Paris ». [...] (R1)
- Dream: we are getting prepared for a wedding; my sisters and my mother are all there. All kinds of party clothes are hanging all around the room. Then my sisters start making sweet and savory salads and take up the whole table which hadn't been cleared of all the papers and things. Impression of cluttered profusion. (R7)
- Dream: There's some story about buying things that my children want to pay. (R17)
- Dream: of **jewelry** made of minerals. (R19)
- Dream: I'm out in the country. I find, level with the iliac fossa on my right side, a non-itching rash, like candle wax drippings, that come off easily with my nail. I consult a country doctor who can't imagine what it could be. [...] I go back to see the country doctor who is still perplexed. I wait in the hallway thinking that I should have **brought him a gift** since he won't let me pay him. But we're way out in the country, what could I give him? While I'm thinking about this, I go speak to my supervisor, who is charging him **60€ for a consultation** that he has just given him. « You understand, that's what I ask for in Annecy! ». (R23)

11. ANCIENT, old loves, old friends, acquaintances from long ago

- Dream: I see a woman cyclist on TV, a little heavy with a square build, lots of reporters around her like in the 60's with **old cameras** (R2)
- my daughter who introduces her German boyfriend to me and wants to have him meet her **old boyfriend**: I don't think this is a good idea and tell her so. (R10)

- Dream about a **man I knew almost 25 years ago**, and I hear or I realize that he is dead... (R6)
- Dream in which I see an **old friend** come and make advances – all the way to my bed, but things don't go any further. (R6)
- Dream: I show my **new house** to a girlfriend I haven't seen for years: in fact I show her my **old house** where I used to live 15 years ago and where she often came to (R7)
- Desire for solitude and hesitation to go visit my old mother (7)
- I have to call my old aunt who isn't well (7)
- Dream: sexual with an **old boyfriend from long ago**, with light pleasure, soft and going on for a long time. (R7)
- Dream: my father's old pharmacy right in the center of town (R8)
- Dream: of P. who tells me how much he admires M-N (a girl from secondary school – **from 30 years back**– who I haven't seen since!) (R16)
- Dream: I bump into Christine B (a **teenage love**, platonic). She is sitting on the side of the stairs and doing some kind of handcraft. Upon waking, I am surprised to be thinking of this girl again, who I haven't seen for years and I remember all the things that I had done to try to approach her at the time (R16)
- Dream: I go walking in **an ancient town**... I go past **old doors**... Then I end up with two **old friends**. (R16)
- Dream: It isn't unusual for me to dream about friends from a long time ago. The nuance here is that this time it's girls; I normally dream about old buddies (R16)
- Dream: There are swimming pools but rather old (R17)
- Dream: of my old job. (R19)
- After having read a novel about a man who had found his **old love** once again (she had decided to look him up because she was dying and wanted to sense¹⁷ him one last time), I felt a surge of tears thinking of all the things I have never told my mother (R7)
- The solution it seems would be to **evacuate what is superfluous, ancient**, to make room for new situations (13)

12. **RENOVATION, PUTTING AWAY, REPAIRING, CLEANING, stripping away the surface, ENERGY, UNDERTAKING, WORKING THROUGH THE BACKLOG** (see also Ancient)

- Same need to be active all afternoon, I had a mountain of sewing piling up for months, I polished off three quarters of it! (6)
- I undertake things without finishing them. I end up going out to plant some flowers in the rain, they had been waiting for the past 10 days (7)
- Sensation of having **lots of energy**. I take on a major job, **scraping** all the bathroom tiles **down** by hand with a spatula. (3)
- it was impossible to clean, it had gotten all over. (R3)
- Guilt for not having begun this great physical– and personal – house cleaning. (13)

¹⁷ translator's note: the French verb *sentir* refers to both the sense of touch and the sense of smell

- The solution would seem to be to evacuate what is superfluous, ancient, to make room for **new situations**, (13)
- To make more adapted **closet space**, allowing me to turn the pages, move on, make room for myself (both literally and figuratively) (13)
- Good energy, I undertake **renovation** work in the house and I like it. (17)
- I feel radiant, optimistic, ready to start **new** projects (19)
- I keep **putting things away, sorting, throwing things out, cleaning**. (6)
- I ask my daughter if she hasn't noticed anything particular in me these last few days. She says no, nothing except your mania of wanting to **renovate** everything which is really exaggerated! [...] I somewhat forcefully made her **clean up** yesterday. (6)
- I **caught up with** lots of **things that were late** getting done, **picked up** around the house (9)
- efficient at house cleaning, vacuum cleaner banging everywhere! (2)
- [...] streets are all being redone (R16)
- Dream: (in an ancient town) as if **a thin film had been removed** from all the stones, the woodwork. For example, I go past old doors and I look at the molding and the shapes: I wonder how they are going to put a thin layer back onto so many square kilometres of wooden panelling (R16)
- nervousness with need to **do odd jobs** with my fingers. (EXT23)
- sneezing when **picking up** in the bedrooms (N7)
- Have a hard time going to bed always something to do. (7)
- **Repairing** the tricycle. (R13)
- **Repairing** a reservoir. (R16)
- **Cleaning** the aquarium. (R17)

Having energy, wanting to undertake things, efficiency are all very common in milks. What seems specific here is the notion of putting away, renovating, removing a thin layer. A thin layer is like a layer of skin. Chamois skin is used to polish, to luster, to give a sheen to metal. It is also put inside cycling shorts to protect the cyclist's fragile backside. Notice how very many times cycling comes up in the dreams (see the complete proving).

13. HOUSE, buildings, housing lot, villa, neighborhood, mobile home, tent, camping, Cadet Roussel (see also Voyage and Ancient).

- Wake up with the sung sentence: « Cadet Roussel a trois maisons, Cadet Roussel a trois maisons »¹⁸ repetitive, joyous, cheerful, no other association. (10)
- Good energy, I undertake renovation work in the house and I like it. (17)
- Dream: Dream: I go past a **house under construction**, enormous full of bay windows, but with a distinctive feature, it has been built with a road going right through it. The house starts at the bottom of a field and goes up following the road, crosses it and ends in another field. It gives the impression of being totally **integrated with nature**. I ask the architect how much it costs: a million euros. I think to myself that **it's too expensive** but I like it a lot. (R1)

¹⁸ translator's note: a French children's song

- Dream: I drive through the **neighborhood of my childhood** with my parents: everything has changed, they have **turned down the housing project, villas** that used to be there and replaced it with a gigantic chain supermarket and behind that, there are tall buildings like the ones they used to put up in the 1960's, some of which **have been wrecked**, I say to myself "What they have done really sucks!" Feelings of regret, of **nostalgia**, I am disgusted, what a waste! (in fact that lot of villas hasn't changed, a few houses have been built in the neighboring field and are very pretty!) (R2)
- Dream: I meet with the pope John Paul II in the village I grew up in. I go see him alone where he is staying by himself and ask him how he is doing and say that I am glad to see him. Then I go prepare the house and the grave where he wants to go... (R3)
- Dream: in a **rather cluttered house** that I don't particularly recognize, there is a sort of indoor fountain, rather large, looking like a lengthwise table, the surface of the water looks like a piece of fabric and I'm watching out lookout for movement, bubbles coming up from underneath, and I expect that I'll see a fish appear... but it's on the edge that its head comes out from, between the edge of the pool and the fabric, and in fact the fish's head turns into the head of a snake, then a second one: they keep poking in and out from under the water in various places, I don't feel good about this at all, I talk about it to a girlfriend, she doesn't see the one that is getting out of the pool and is slithering under some furniture, then another much bigger one is wrapping itself around the leg of a small pedestal table, I try to keep my feet in the air... and I wake up feeling very ill at ease. I don't usually dream of snakes, it happened to me during a proving for another remedy, and it wasn't threatening or felt to be so, not like the ones this morning, because they were popping out from everywhere, so many that when I got up I still had the impression that they were going to come out all over the house! Not a pleasant dream at all, and I find that the animals in these few last dreams aren't very nice, the water element has back twice now (there was the well in the beginning). (R6)
- Dream: I show my **new house** to a girlfriend I haven't seen for years: in fact I show her **my old house** where I used to live 15 years ago and where she often came to (R7)
- Dream as in a fairy tale: in my house with quite a few people, among whom is an anaesthesiologist colleague. We go outside. **The house is mobile**. At one point it's in Grenoble – my father's old pharmacy right in the center of town. Lots of people in the streets. On the facade of the house is a kind of honey mill. We are all in a group, we drink large glasses of water, we drink a toast, clink our glasses together and get wet throwing them up into the air; we tell about the facade to people passing by in the street. Above us is a horse-drawn carriage with 4 horses. A passer-by takes the carriage and in a magnificent gallop flies up into the air above us. Change of scenery, we can see him farther off in the distance jumping off of a bridge into a river then coming back under the house via a canal. Before, at the beginning of the dream, **the inside of the house, mobile scenes** giving way to be replaced by others. A restaurant where folk groups come to sing; they sell lace and other things while dancing... A more quiet and intimate room. I am looking for a cat under the table. (R8)

- Dream: I am in a house with the **doors and windows open everywhere** [...] (R13)
- Dream: I go visit my elder sister who has just moved into an apartment that is up high. You **got to it by a kind of scaffolding**. I ring the doorbell, she shows me the kitchen; **the apartment isn't finished**: adjacent to the kitchen, the cement on the terrace is **still loose, the glass door isn't framed; the railing is made of floorboards**... The other rooms are in semi-darkness, there is a sort of metal staircase [...] (R13)
- Dream: Dream: I am with my children and my husband in **a house all on ground level, timber-framed with lots of glass**, it's raining and there's mud all over, all around the house. Other people are with us. To go in, you **have to walk on boards, but everything is unstable**. When trying to enter, I sink up to my thighs. (R17)
- Dream: I am with my maternal grandmother (deceased) and we are in **a house**, I am under the impression that we are more or less **traveling**. (R17)
- Dream: I am with my daughters and my husband, **on a trip**, we stop off somewhere that seems to be **a circus or a camping ground**. There are swimming pools but rather old, their bottoms aren't blue. Then the trip continues, we **try to find a harbor but we don't find it**. (R17)
- Dream: « family is a frame » and I see someone putting a rectangular metal frame into a canvas to give it shape (this person is putting up **a camping tent**). (R7)

Ideas:

1. *THE HOUSE IS INTEGRATED WITH NATURE: One finds that several proverbs mentioned a house integrated into the landscape, with large bay windows, all on one floor level with the ground. It's the animal in nature with a panoramic view.*
2. *THE HOUSE IS PRECARIOUS: the house isn't finished, access is difficult, the outside is mud; the house is often under construction, or destroyed. The structure, the framing is unstable. Or it is cluttered up. This sends us back to the theme of Renovation.*
3. *Occasionally, the house is a tent. The theme of Travel and of camping come up several times, with the idea of wandering, of insecurity, of being homeless or without a fixed abode (see the dream about searching for a harbor).*
4. *NOSTALGIA FOR THE HOUSE OF ONE'S CHILDHOOD. The old house from long ago reappears when one is attains the new one, the old neighbourhood from days long gone has been destroyed.*
5. *The popular French children's song whose refrain goes « **Cadet Rousse a trios masons; qui not in pouters in chevrons...** » appears to be most representative of precarious housing. To have three houses means that one can't live in any. And they have « neither beams nor rafters » in other words, they are unstable, they won't hold up.*

*Cadet Roussel was a bailiff who lived in the French town of Auxerre. Born in 1763, he bought a little crooked house. On top of the gatehouse he added a narrow « **loggia** » or covered balcony (the notion of bay windows coming in here). Certainly a very odd house!*

He was jovial, « bon vivant »¹⁹, was a little eccentric, but had a congenial nature and was cherished by the people of the town. He is portrayed as a beggar, his shoes worn down at the heels and clothing threadbare, a thin face and wearing a wide hat. This humble figure lived around the time of the French Revolution. He would place himself in front of the edifices of the town (stone buildings, churches, town landmarks) doing cutouts with a jackknife on a sheet of paper laid over a cutting board. He would peddle his handicraft to admiring passers-by not knowing that they would later be considered works of art. Cadet Roussel's cutouts achieved a certain degree of fame on account of their rarity. They can be seen in certain private collections. He died in poverty in 1809. (sources: Internet).

14. CLUTTERING, invading, room, space, superfluous, doing the housework, obstacle, congestion, edging through, going straight to the goal

This theme is also in reference with the idea of Renovation (see this theme), of cleaning out, getting rid of what is superfluous.

- Dream: I was driving a sort of tractor on which I was perched very high up. Driving in a little village I have forgotten the name of, in which all the **streets were cluttered** with tractors with trailers. There were so many of them that the traffic was jammed. You kept having to maneuver to let others go by, **wend your way through**, etc... each time I left with the tractor, I got up from table leaving my dessert, and it was never there when I got back! (R3)
- Dream: [...] access to the village **is blocked** by policemen and to go on up, you have to go all the way around village through the lower section[...] (R6)
- Dream: in a rather cluttered house that I don't particularly recognize [...] (R6)
- Dream: we are getting prepared for a wedding; my sisters and my mother are all there. All kinds of party clothes are hanging all around the room. Then my sisters start making sweet and savory salads and take up the whole table which hadn't been cleared of all the papers and things. Impression of cluttered profusion. (R7)
- Dream: [...]I let myself **get swamped** with chores, things and situations that I can't deal with; hence I am constantly behind and stressed out. The solution would seem to be to **evacuate** what is superfluous, ancient, to make room for new situations, more adapted closet space, allowing me to turn the pages, move on, make room for myself (both literally and figuratively) [...] I just feel guilty for not having budged one inch, for not having begun this great personal – and physical – house cleaning, when I am convinced that it would be very beneficial. (R13)

¹⁹ translator's note: liking the good things in life esp. food and drink

- Hypersensitive, very thin skinned over the past two days, easily emotional (annoyance, anger). Driving, a pedestrian had better not cross, I want to **go straight to the target!** (2)
- At the office, I get pissed off at the **spams that clog up my mail box**. I swear at the bastards who waste all their energy « bugging other people », I rant and rave and feel even hotter. Outside on my bike, I forget about this hot sensation but it comes back as soon as I go indoors. (23)

15. ITINERANCY, Travel, Roaming, wandering, moving, insecurity, mobility, hiding, border (see also Loss, finding)

What transpires from the symptoms in this theme is an impression of precariousness, of insecurity, of itinerancy if not of roaming. Not being able to find the harbor. At atmosphere as in a refugee camp, always ready to clear out. If one makes the connection with fleeting pains, aggravated by sleep and napping, the house with unstable structures, danger coming from the sky (see these themes) one really gets the impression of a hunted fugitive. By whom, why?

- Perfectly satisfactory intestinal transit, even when **traveling** (3)
- Burning sensation after urination, following **a trip in a car** (7)
- Pain and stiffness in knees when getting out of the car on **a trip back** home, amel. after taking a few steps (7)
- Dream: « family is a frame » and I see someone putting a rectangular metal frame into a canvas to give it shape (this person is putting up a **camping tent**). (R7).
- Dream: I am with my daughters and my husband, on a trip, we stop off somewhere that seems to be a **circus** or a **camping ground**. There are swimming pools but rather old, their bottoms aren't blue. Then the trip continues, we **try to find a harbor but we don't find it**. (R17)
- Dream: Dream: I am with my maternal grandmother (deceased) and we are in a house, I am under the impression that we are **more of less traveling**. (R17)
- The headache has turned into a painful spot in the left parieto-occipital region. Headache gone at 4:50 a.m. I seem to have already felt a streaking pain in the exact same spot, intense, **like a gunshot**, 2-3 weeks ago **when out camping**, at around 5:30-6 a.m. (3)
- Dream as in a fairy tale: in my house with quite a few people, among whom is a colleague. We go outside. **The house is mobile**. [...] Before, at the beginning of the dream, the inside of the house, mobile scenes giving way to be replaced by others. (R8)
- Dream: I am walking on a busy street in a foreign town. Suddenly I see **paper bank notes** poking out of a cash dispenser as if it were at the entrance to a casino. Without thinking, I start pulling the bills out, they come out easily in large quantities, everything that has been played during the night and I stuff both my jacket pockets. Then I wonder until I wake up how I am going to manage to hide them and **go back over the border without getting caught by customs police**. I wake up relieved that it was only a dream and yet a little disappointed (dream reminds me of *Kalium bromatum*.) (R1)

- Dream: I come out of a huge hospital with my wife. This hospital looks like a great big cube. On the outside, the hospital is run down. One of the wings isn't finished and from a distance I can see hundreds of the sick lying on the roof and who start gesticulating to dust their straw-filled mattresses. A feeling of **human misery, of the Third World, of a poor crowd.** (R9)

16. LOSS, FINDING ONCE MORE

- Dream: At first, I lose all three of them, no worry, I'm fairly confident (I often dream of losing people, of being lost, and generally if I'm lost or if I lose some people, I never find them again), then, instead of looking for them, I stop and wait in a place where I'm sure they'll be coming through on their way back, which is what happens! (R16)
- I feel the need to be with my family (parents, brother, sister...), which is characteristic of me. Whatever, this is what I feel, so I go to my parents' house with my husband and daughters, and we spend a very pleasant afternoon. (17)
- Dream: Normally we never can manage to all get together, but this time we do. (R17)

Notice how all these dreams express the certainty of getting back together again.

17. DANGER, Insecurity, danger from the sky

- Rather complicated dream of which I only remember a fragment where I am trying to **protect or hide** someone (a woman or a child?), and to do so, in a field, I manage to cover him/her up with tall grasses, yellow like straw, because it's **from the sky, maybe from a plane or from a helicopter**, I don't know, that she might be seen, and I'm trying to hide too, and thinking at the same time because I know that they're going to bring whatever they need to cut the grass and we'll have to **find another hiding place**, so I move closer to a very tall haystack, cut into cubes all piled up (as if the field had already been reaped) and I mention something about dropping hay on top of us maybe, I don't really know if all this is a game or real danger... but on waking, it reminds me of the story about the eagle, the cow and the little puppy (the field, protecting, seeing from above...) (6)
- Dream: I'm walking in the countryside, very green, sky is storm-grey on one side, **some hunters** in the distance, brown **cows** nearby, and all of a sudden, one of the cows starts to run in an peculiar way, and I realize that there is a dog between its forelegs; first I think it's one of the hunters' dogs come to pester the cow, but then I see that in fact **the cow is carrying the dog, which is small, to protect it from the assaults** of a very large bird, a hawk, or rather **some sort of eagle**, trying once more to take back its prey, and the cow keeps the dog or puppy in between its legs and strikes with its horns when the eagle comes on, but it's not very easy for a cow to carry the dog, it falls and runs every which way not knowing where to go, the eagle catches it, but, hindered by the cows that come to strike it with their horns, lets go. The dog runs, everywhere, and races towards me!! big question:

what should I do? I'm not the size of a cow, that eagle scares me, I look around and see a thicket of trees and think that maybe I can grab the dog and run over there... but then, in the dream, something visual happens afterwards, a circle, like a telephoto lens, with the sensation of zooming in and out, as if trying to come into focus, onto something brown and green that I can't identify, maybe a part of the landscape... this impression was so keen that it woke me up, and I wondered if it wasn't like in **the eye of the eagle**, focusing to seek its prey. Really an amazing dream, a sensation like I never had in a dream before. (R6)

18. NAPPING, SLEEP, sleepiness, aggravation upon waking

A number of provers took naps, unusual or unusually long ones.

Aggravation or reappearance of symptoms after having slept is also worth noticing.

As a reminder, the chamois is averse to the heat and lies in the shade for part of the day when ruminating.

As soon as the sun goes down, it goes back to the "gagnage" (pasture) until nightfall to graze once more.

- Headache waking up from a nap. (12)
- Headache on waking, foggy brained. (10)
- Mouth a bit pasty in the morning on waking. (10)
- Wake up with a major headache, takes up my whole head. I slept all night with this dense headache. (3)
- Wake up with a slight headache, feeling of heaviness. (12)
- Great weariness from 10-12 o'clock, with need for sleep, rarely feel this in the morning, so, I take a 1½ hour nap from 12:30 to 2 p.m. (12)
- Worth mentioning three times: last night while on the phone with my supervisor, this morning on waking and briefly once again in the afternoon, a discreet and fleeting sensation of warmth in upper skull [...] (6)
- Wake up with pain in right ovary.. (10)
- Fasciculation of left trapezius, upon waking (10)
- Cramp in R calf when stretching upon waking. (7)
- On waking, at 6:45 a.m., pain in the middle of tongue, front part, like a burn or a cut [...]
- Need to take a nap – which can happen to me from time to time – for 40 min (19)
- Get up from my nap at 4:30 p.m. in other words a 2½ hour long nap which is not characteristic of me. (19)
- When waking from a nap: weight on chest, around suprasternal notch . Pain from front to back. Horrible sensation of being nailed down like an insect, like a bug. Keeps me from breathing deeply, it lasts. (8)
- Upon waking: both arms heavy, spread out like the branches of a tree. Heavy and weighty, don't feel like moving them. (8)
- From 10 to 12, impression of deep sleep. When taking a « nap » related to fatigue. (9)
- Happened twice during the afternoon, the sleepiness tended to come back whenever I sat down. (6)

- Sleepy in the beginning of the afternoon. (7)
- Sensation of heart beating very fast, but in fact when I take my pulse: 62/min. So I go back to sleep until 7:30, everything's fine. (4, 9CH, 03.00.00). During **nap with my 3 year old daughter**, I hear the same sound of a heartbeat as this morning (she was beside me already then). Maybe it was already her that I heard. (4)
- Have a hard time coming out of my nap. (19)
- Vague attempt to get up out of the couch towards 3 p.m. because need to sleep (19)
- Take a 1 hour nap when back from a hike. Hard to wake up, feel weak and sensation of heaviness > when eating. (22)
- Fatigue ++ with need for sleep. Slept heavily. Took a 45 min. long nap, slept at work. (9)

19. HEAT, localized heat, congestion

Many provers complained of having a sensation of heat, but it is often localised. Aggravation by heat and amelioration by fresh air were perfectly clear modalities. The chamois is aggravated in the sun, it seeks the shade.

- Sensation as of cold feet when in fact they are warm. (2)
- Sensation of heat making me take off the sheet for a few seconds. (2)
- Brief hot flash, impression of heat all of a sudden. (2)
- Hot flashes with perspiration on chest and in armpits. (2)
- I got hot last night between 1 and 5 a.m., slightly damp, poked my arms and legs out of bed. Usually I'm chilly and my companion, who isn't, wasn't too hot last night. (3)
- Woken by a headache. Sensation of heat. (3)
- Worth mentioning three times: last night while on the phone with my supervisor, this morning on waking and briefly once again in the afternoon, a discreet and fleeting sensation of warmth in upper skull, like a warm round cap on the top of skull, discreet and fleeting. (6)
- Towards 5 p.m. when out on a stroll, once again for a brief moment the sensation of heat in vertex. (6)
- Woke up at 3:30 a.m., too hot, sweating, urge to urinate > lying down flat. (7)
- Burning sensation in urethra after a beer, amel. by pressing, clutching (7)
- Hot flashes and perspiration for a week. (7)
- Dull headache with frequent posterior mucus: sensation as of sinusitis draining out, agg. warm weather. (7)
- Wake up twice at 3:30 and 5 a.m. with urge to urinate++ bladder burning, I don't get up. Lasted three nights. (7)
- The rhinitis turns into sinusitis, fever sets in towards 5 p.m., sensation of heat in upper half of body. Impression of inhaling warm steam with mild oppression, amel. in fresh air. (15)
- Distinct sensation of heat in hands (and abdomen), feel ill, temperature: 37.6°C amel. in fresh air. Gradually starts to fade towards 7 p.m. and stops altogether at 9. (15)

- Constant burning in oesophagus, for no apparent reason, have sometimes felt this before, towards 5 p.m. When I had a small glass of Cointreau in the evening, definitely aggravated. (16)
- Sensation of heat localised on face: mouth, bust; eyes burn. My colleagues don't seem to be suffering from the heat. (17)
- I notice that I am often hot. (17)
- Thirsty++ for water and yet my mouth isn't dry, but curious sensation in my mouth, a bit of heat. (17)
- Sensation of heat in thighs at night when trying to go back to sleep, need to remove covers but then I'm too cold when they're off. (17)
- Sensation of heat in upper part of body between 10 a.m. and 1 p.m. (17)
- Aggravation of frontal headache, sensation of being pressed in a vice, of weight on upper forehead, sensation of congestion, of compression. (19)
- Painful hemorrhoid with burning sensation. (19)
- I feel hot in extremities; they are warm to the touch.. (20)
- Wake up at 2 o'clock in the morning, too hot, I open the window completely. (20)
- In the middle of a meal, at 1:30 p.m., I get a hot flash with clammy skin, hot head, sensation of « catabolism ». (23)
- At the office, I get pissed off at the spams that clog up my mail box. I swear at the bastards who waste all their energy « bugging other people », I rant and rave and feel even hotter. Outside on my bike, I forget about this hot sensation but it comes back as soon as I go indoors. (23)
- I notice over the past few weeks a sensation of congestion in face. (23)
- Head congestion (with ringing in the ears « in blasts of steam » and pulsating in carotids). Pulse at 68/min. Amel. in fresh air, desire for fresh air. (23)
- Sensation of radiating heat with clammy skin and head congestion, which feels as if it had gained in volume. No congestive coloration of the face. (23)

20. PAINS, FLEETING, streaking pain, furtive, brief, erratic, intermittent, sudden, like a gunshot, mobile

The most outstanding characteristics as far as the pains are concerned is their fleeting, sudden, erratic nature, and also their localisation in the lower limbs. At the risk of being taxed with zoomorphism, we point out that the “streaking cephalic pain, like a gunshot, felt when camping” is most evocative, and could bring to mind a streak of lightning or a gunshot coming from hunters.

Fleeting refers to the idea of flight, fugitive.

- **Fleeting erratic pains** in frontal sinuses, not intense, symmetrical, throbbing. (2)
- Fleeting erratic pains of low intensity in anterior superior iliac lateral facets of knees, elbows, all symmetrical, throbbing. (2)
- Pain in both calves, **mobile** cramp type, of **short** duration, ten seconds. (2)
- The headache has turned into a painful spot in the left parieto-occipital region. Headache gone at 4:50 a.m. I seem to have already felt a **streaking**

- pain in the exact same spot, intense, **like a gunshot**, 2-3 weeks ago when out camping, at around 5:30-6 a.m. (3)
- When going up the stairs, **streaking pain** that makes me cry out in right knee. (3)
 - **Very fleeting** constricting pain under L breast. It lasts 15 seconds. I feel weary emotionally. (3)
 - **Fleeting** pain in right thigh. (3)
 - Pain during the night as of 3:15. **Erratic pains** right leg, L leg, L ankle, **sudden appearance and disappearance**. (3)
 - Pins and needles in both feet and sometimes **intermittent pain** in right Achilles tendon. I'm not worried but intrigued! (3)
 - Tolerable pain in right calf **from time to time**. (3)
 - In the morning: sensation as if a worm were wiggling under skin of tibia. **Fleeting sensation**, without any itching. Was felt again towards 3 p.m. (3)
 - **Fleeting once again, the sensation in rectum** (like a sharp point or a piece of gravel) in the car this morning, but not in the afternoon. (6)
 - Worth mentioning three times: last night while on the phone with my supervisor, this morning on waking and briefly once again in the afternoon, a **discreet and fleeting sensation of warmth** in upper skull (6)
 - Prickling all over my body, like **tiny needle pricks**, wakes me up. Go back to sleep easily. (13)
 - **Furtive pain** (30 seconds) in left ear, very sharp.. (19)
 - **Pain in L ear fleeting**, a sudden blow, as if hit with a hammer 5 or 6 times during the day. (21)
 - **Fleeting sensation of loss of balance**, I'm putting my daughter to bed, sensation of L leg giving out from under me, I go off to the L and have to grab onto some furniture, same sensation again at 11 p.m. (21)

21. HIPS, THIGHS (see **Hindered Mobility**)

- Sudden sensation of **hips being blocked** and very painful, as if they were blocked **turned inwards**, I can't open my hip outwards; it lasts about 2 hours, contrasting with the spontaneous and loose dance I had performed on the night before over a tune for long minutes. All I can do now is lie in bed, not sit nor stand, no position to alleviate the pain. As if my hips were turned inwards, impossible to open them up. (1)
- Pain when walking in **L hip which gets locked** in groin. (7)
- Pain in L hip which gets locked when I walk, I limp slightly, and feel **as if my hip were turned inwards** with knee stuck towards the inside. (7)
- All morning long, I have a pain going from thigh to R knee with the same sensation: a pain **as if there were an iron rod on the outer side of my thigh**, pain aggravated going up the stairs. (21)
- A graze, first appeared during the night like a **scratch on upper part of thigh**, front side. 1.5cm high; the scratch or even the ulceration finally healed, with a **darker coloring** than my skin (19)
- Dream: my daughter shows me **a wound level with her hip**. It's a deep wound, jagged. (R9)

22. VERTICALITY, Hindered Mobility, Height, Elevated, Perched up high, Cliff, Stairs, Ladder, Scaffolding, Bridge valley, Up and down, Climbing, Slope, Falling, Crawling, Circumventing, detour, narrow roads, collapsed, landslide, wrong way, flying through the air

This theme is to be compared with that of blocked hips and the sensation of being nailed to the ground which prevents any vertical movement. Notice the words that are used: blocked, stuck, locked in, get out, bend over, handcuffed...

- Wide head movements tilting sideways to the R or to the L with the impression that **brain is tossing about and is going to fall**, depending on the motion, towards the R or towards the L. (2)
- When **going up the stairs**, streaking pain that makes me cry out in right knee. (3)
- All morning long, I have a pain going from thigh to R knee, with the same sensation: a pain as if there were an iron rod on the outer side of my thigh, pain aggravated **going up the stairs**. (21)
- Pains all over, “wiped out.”²⁰ **Impossible to bend over** in the morning. Pain in upper foot, middle of thighs, thumbs. (13)
- Dream: [...] but on waking, it reminds me of the story about the eagle, the cow and the little puppy (the field, protecting, **seeing from above**). (R6)
- Dream: the sensation of being in **blind lavatories** (having no openings), narrow, and of not knowing **how to get out**, something smooth and neutral where the light goes out, and the impression that there is no one around to help me make it out of there. (R6)
- Dream of a festival that ends in a village, people go home in semi-darkness, the impression of sharing the event together, and the separation that ensues; and in the same place, the idea that this takes place **on a hill**, the village is **perched up** above and there is a **château down below**, access to the village is **blocked** by gendarmes²¹ and to go on up, you have to **go all the way around** the village through the lower section, taking a road that seems impossible to me (looking **from out of a window up above**), going around some houses behind the castle wall, **too narrow** and **caved in**, in some places. (R6)
- Dream: **of a landslide**, mud that could cover people up under our very eyes. In these dreams, there were children who were dying. (R12)
- Dream: I am doing « **slope-style** » mountain biking **on stairs** (R7)
- Dream: I am going by car somewhere where I have been invited to (a meeting?) in a **village up high like Mont Saint Michel but even higher**. There was a group of us leaving in the car, it was very dark and you couldn't see **the valley**, there was a **long drive up**. [...] (R13)
- Dream: I go visit my elder sister who has just moved into an apartment that is **up high**. You got to it by a kind of **scaffolding**. (R13)
- Dream: I'm cycling out in the country. There is roadwork going on; I have to **take a detour**. I end up on the edge of a **cliff**. There are lots of people, I have to **go down a tall ladder** with my bike; I feel dizzy. Someone tries to take my bike down for me but the ladder tips over the top of the cliff and

²⁰ translator's note: *cassé* is a slang word meaning literally *broken*

²¹ translator's note: policemen

the person has to jump onto a ledge to keep from falling. I don't dare go down, sensation of dizziness+++ which **blocks me high up on the top of the cliff**. (R21)

- I note that for the past 2 or 3 weeks, I have had a tendency to have food **go down the wrong way**²² when I swallow, sometimes it can be just saliva, as if out of carelessness or out of being too much in a hurry when swallowing. It just happened to me again while drinking morning tea, and the way this has happened repeatedly makes me wonder because it's been happening particularly frequently lately. It never happened as seriously again as the last time I wrote about where everything had gotten **blocked**, like stuck in my throat, as if there was **no more communication between what was above and below**. (6),
- Dream in which I see my eldest daughter **go up a slope** with a rope lift but in the grass, in her PJ's as if she had just woken up. (R6)
- Dream: I was driving a sort of tractor on which I was **perched very high up**. (R3)
- Dream: of some sort of gigantic merry-go-round that, while whirling around, **was going way up into the sky**. I was on it and could see the man ahead of me barely holding on to the metal structure with one hand. Feeling that it was easy for him, he was like a **graceful tightrope walker** who seemed awesome to me. (R16)
- Dream: I see two kids on a **very very high bridge** holding by the reins a horse that is on the other side, on **the abyss** side... the horse is in great danger of **falling**; I wake up before it falls, surprise but no real fear. (R16)
- Dream: I go for a drive in a tilbury, in a sunny landscape and **steep**, pleasant. (R16)
- Dream: I go walking in an ancient town [...] I notice that **the walls and buildings are very high**. (R16)
- Dream: [...] We **go up a grand and beautiful white staircase**, the kind they have in chateaux; there are lots of people. (R16)
- Dream: we are together with my daughters in a hospital or a huge high school, I don't really know which. My daughter having forgotten some things on the **last floor**, we go get her stuff and take the **elevator**: a woman can't get on right and lets go: she falls off. I stop the elevator by pushing the emergency button. (R17)
- Dream: very strange about one of my sons, an infant; **locked up in a metal cage** at the daycare center and who they no longer stimulate. I say to myself that this won't do and try to find help to **get him out** of there. (R20)
- Dream: we want with my companion to go **do some rock climbing**. We end up in a strange place, there's an **enormous metal suspension bridge** where men are aid-climbing with unbelievable equipment; others are doing exercises on the ground, hoisting themselves up step by step lying on the side putting their weight on their left shoulder and their knees, **like military crawling on their bellies through disgusting stuff**, like on an obstacle course. All this seems very warlike and makes me feel rather uneasy because this isn't exactly my idea of rock climbing! **The vertical movement had turned into a crawling movement**. (R1)

²² translator's note: *faire une fausse-route* in French

- Dream: [...]a passer-by takes the carriage and in a magnificent gallop **flies up into the air** above us. Change of scenery, we can see him farther off in the distance **jumping off of a bridge** into a river [...] (R8)
- When waking from a nap: weight on chest, around suprasternal notch. Pain from front to back. **Horrible sensation of being nailed down like an insect**, like a bug. Keeps me from breathing deeply, it lasts. (8)
- Like **a weight sitting** on my chest. > when I get up and move about but persistent in a dull sort of way. For about 30 min. (8)
- Sensation of heaviness, of density, in the middle of thorax, something **impenetrable**. (8)
- Upon waking, **nailed to the ground** by the heavy feeling in sternum area (8)
- Weight on chest. (8)
- Pain like weight on chest. (8)
- Upon waking: both arms heavy, **spread out like the branches of a tree**. Heavy and weighty, don't feel like moving them. (8)
- Dream in which I am **handcuffed** without having committed any crime, **both my hands are chained together** using a fairly long chain. (R11)

IDEAS: In this theme of Verticality two types of symptoms have been grouped together:

1. *Symptoms that recall the animal's environment, its habitat: mountains, high places, cliffs, promontories, villages perched up high, narrow roads, collapsed, landscape viewed from above...*
2. *The very interesting theme of Verticality, the act of climbing, of going up, or going down. Either the verticality is a success or on the contrary it is checked. A constant struggle between going towards the top or, on the contrary, no longer being able to climb, having one's hips locked rotating inwards, crawling on one's belly or being nailed to the ground. The highest degree of egotrophy being to fly through the air (a theme that occurred in the dreams of several provers.)*
3. *Another question that one ought to consider is the manner in which the animal was captured with, in particular, its legs being tied together and, seen on one of the photographs, a man sitting on top of it.*

There are many other sensations of hindered MOBILITY (see the proving in its entirety.)

DISCUSSION, HYPOTHESES

Reading about the different themes, in particular Verticality, incited us to look more closely into how this remedy can be understood. We attempted to make it come alive much as a persona and have it tell its story to give it coherency thus facilitating possible prescription.

Verticality or verticalization

This notion seems self-evident considering the chamois' habitat. The question could rather be: what is specific to the chamois' in its search for verticality that differentiates it from similar animals (such as the ibex for example whose proving, as far as we know, has yet to been done.) Or another aspect would be to try and understand what seeking verticality could represent on the human scale.

It may be useful to recall that the natural range of the chamois and the isard has been influenced by the glacial periods:

It should be noted that during the Würm glacial period (between 80 000 and 10 000 years ago) chamois spread throughout all of Europe, driven away from the mountains by the glaciers, and were compelled to live at the foot of the massifs. They were occasionally found in the plains as has been attested by fossils found in Belgium, southern Poland and even on the Isle of Elba then connected to the European continent.

At the end of Würm, 10 000 years ago, the glaciers retreated and the chamois occupied the mountains once more. Their natural range extends from the north-western tip of Spain to the Carpathian Mountains of Romania and from the north of Germany to the south of Italy.

(Éric WEBER: *Le Chamois et l'Isard*, Ed. Delachaux et Niestlé)

Hence, the chamois alternated between living in the upper portion of the mountains and at the foot of the massifs.

Anatomywise, of course, the characteristics of the chamois' limbs are particularly suited for springing. Jean-Michel Jullien gives us the details:

The angles between the coxal bone, the femur and the tibia are extremely acute. When standing on all fours on a horizontal plane, the femur is nearly horizontal. The chamois' capacity to spring straight up into the air, the power and suppleness of its leap, are all heightened by these physical characteristics (the oblique and not vertical position of the coxal bone, the angle between femur and tibia at about 50°, the angle between tibia and tarsus-metatarsus at about 95°).

The sensation experienced by the two (female) provers of having their hips blocked, and more particularly of being rotated inwards, or of having a metal rod in one's thigh, or of being nailed to the ground by weight on the thorax, all point towards the fact that this remedy is about being prevented from attaining verticality.

This was summarized remarkably by a prover's impression, felt in a dream where she wanted to go rock climbing. Literally she said: "the vertical movement had turned into a crawling²³ movement." (R1)

On a symbolic level

Verticalization of course is what makes Man different from animals, when he stood up on two legs. Symbolically, this is the sign of Man's becoming aware of his transcending nature, of his link with God.

This naturally lead us to examine the symbolism behind the pelvis, the spinal column and the hip.

It is rich in its teachings.

According to Ysé Tardan-Masquelier:

The symbolism of the spinal column is thousands of years old. The most ancient beliefs give supernatural powers to the bones that it is made up of and a transcending significance to its vertical position. The Judeo-Christian tradition, in particular, insists on its value as *axis mundi* and on the role it plays in catalyzing energy.

The pelvis, if considered along a vertical axis, faces two opposite directions, downwards and upwards.

Downwards, it governs biological birth: when a child is born it's head is turned down towards the earth, passing between the two hip bones, the two loins, which come to symbolize the actual entrance into existence marked by duality. This is testified by the name that is given to the pelvis in various traditions: "the Door of Man" in biblical spirituality. In Hindu and tantric traditions, the pelvis contains and protects *svâdhîsthâna*, the "pole of the species" or the "genetic pole".

Upwards, the pelvis becomes – contrarily to four legged animals – the base upon which the spinal column is constructed. In this perspective, to Indians, it contains: *mûladhâra*, the "base pole", the "foundation pole" and *kundalinî*, the latent energy, ready to rise up. For the Kabbalah, it is *yesod*, the foundation, but also *tsedek*, soundness or balance. [our translation]

The life of Jacob

When seeking to understand the symbolism of verticality, one is struck by the number of authors who refer repeatedly to the story of Jacob's ladder in the Bible, and, more particularly, to his well-known combat with the Angel, so often and beautifully illustrated in painting by Rembrandt, Gustave Doré, Tiepolo, Chagall, to name but a few.

Here, briefly, is the story of Jacob which, we believe, could explain, on a certain level, how to interpret *Lac rupicaprinum*.

Jacob was the son of Isaac and Rebecca. Isaac was the son of Abraham and Sarah. He had a twin brother, Esau. The latter was the firstborn and, at that time, the first

²³ translator's note: *ramper* meaning to crawl flat on one's belly

to come out was considered to be the elder. According to the Bible, he was “covered in red hair like a cloak”. Jacob came out second, “his hand grasping his brother’s heel”. It is even said that he was born circumcised.

When coming of age, Jacob stole his brother’s birthright. This is the story of the lentil stew:

Esau said to Jacob, ‘I am exhausted; give me a helping of that red (lentil) stew.’

Jacob retorted, ‘Not till you sell me your rights as the firstborn.’ (Genesis 25:31)

Esau replied, ‘Here I am at death’s door; what use is a birthright to me?’

And Jacob retorted, ‘First give me your oath!’

So he gave him his oath and sold his birthright to Jacob. (Genesis 25:32-33)²⁴

Later, Isaac who was blind bestowed his blessing upon Jacob by laying his hands on his shoulder. So that his father wouldn’t recognize him, Jacob had donned the hide of a goat.

Esau chose to be interested only in this world, and to ignore the promise of eternal happiness in the next. Heart and soul, he is bound to the here-and-now on this earth.

In this situation involving two twins, each of them represents a different aspect of Man. Jacob is a more advanced and sophisticated Human being, while Esau is a hunter (he looks like an animal, he is covered in hair). The fact that Esau was hairy, in other words with a physical trait that is usually solely in adults, expresses the idea of completion in the earthly world, a materialistic and rational one. The world of abundance of tangible security, with no other perspective beyond. Esau doesn’t try to develop the other dimensions of the spirit or of the heart. He wants to take advantage of earthly pleasures, now.

But Jacob must leave his land to escape his brother’s fury, his brother wants to kill him. He has to give up the safety of the family circle, he finds himself in a terrible state of isolation and can only count on his own personal resources.

Jacob’s dream (Genesis 28: 10-19)

One night, Jacob has the so often told dream. In it, he sees:

[...] a ladder which rested on the ground with its top reaching to heaven, and the angels of God were going up and down it.

And God said to him, ‘This land I shall give to you and your descendants.’

We won’t, here, go into all the learned and fascinating interpretations of the meaning behind the ladder, the link between the rungs of the ladder and the vertebrae, all the interpretations offered in Phonetic Kabbalah, etc.

What is important is to understand that in the two directions on the ladder, the one symbolizes the way to the Divine and the other the inevitable return towards painful human trials.

²⁴ translator’s note : passages quoted from the Bible come from *The Revised English Bible*, Oxford & Cambridge University Presses, 1989

According to Ysé Tardan-Masquelier in her article entitled *Le symbolisme de la colonne vertébrale*:

This dream can be looked at from several angles, in particular one considering the architecture of the subtle body in which the town of Luz, base of the *axis mundi*, is identified with the pelvis, the ladder with the spinal column, and the angels going up and down it with the subtle energies linking Man to God.

Luz means “that which is hidden” or enveloped, an almond, a pit or stone. These themes that are also all present in another name for the pelvis : *sod*, the ‘secret’ or ‘the secret place’. If one looks up the translation of *sod* in Latin, one finds *sacer*, the neuter of which is *sacrum*. Therefore the *sacrum* is “the secret place”. [...]

In the first sense²⁵, that of biological birth, the pelvis is identified with the Ark which contains all the different animal species. In the second sense, it can be identified with spiritual birth, Man must separate the sea (his biological nature) to “pass” (Passover) on to another level. In this perspective, Annick de Souzenelle compares the ten sacral and lumbar vertebrae to the ten plagues of Egypt, the ten ordeals that Man must face in order to ensure a solid base.

Evidently, after the Gates of Egypt, the signs of verticality multiply: wandering in the desert, Mount Sinai as *axis mundi*, the column of smoke by day and of fire by night (that guide through the desert), the snake of brass upon a pole (that heals when looked upon).

In this sense²⁶ of an ordeal, of passing through and rising above, Man begins to assemble the two (hips) into one (the spinal column). This does not necessarily mean that now he is standing erect, only that he has begun to perceive the ‘sense’²⁷ - the significance and the direction. [our translation]

Jacob wrestling with the Angel

The sequel clearly illustrates how difficult it is for Jacob to stand up, even after having been through the experience of the Dream:

Having acquired much wealth ,many goods, Jacob heads back to the land of his fathers, where his awful brother dressed in animal skins awaits him. But before meeting him, he must overcome his fear, acquire the knowledge of what his real place is, in relation to his brother. Three times, he sends him gifts. He had stolen his birthright and now quakes before him, still considering himself his brother’s slave.

According to Genesis, Jacob then forded the river Jabog with his numerous family. This is when he wrestles all night with a being who, unable to defeat him, put his hip out of joint. A being that tradition says is an angel, but whose name *Ish* in Hebrew, means spouse.

According to Annick de Souzenelle:

This is about the dance of Man with himself, a dance of the depths, a painful dance that leaves him lame. Lame! he had forgotten that he always had been, ever since his birth!

²⁵translator’s note: *le sens* has two meanings 1. direction, way 2. meaning, significance

²⁶ same

²⁷ same

Lame because he has not yet espoused himself in his entirety, but now that he has begun his great work, the work of his life, he remembers! He is lame. From then on, he is headed towards his own verticalization. [our translation]

He then receives his new name, Israel, meaning 'he who wrestled with God.'

It is a magnificent text, and very profound.

It contains a double message: one must remember the lameness of one's human condition and receive divine energy to accomplish one's mission on earth.

Annick de Souzaenelle goes on:

Jacob-Israel can now go out to meet his brother, Esau. He is no longer afraid of him and their encounter will no longer be a question of rapport de force or which of the two is stronger than the other. [our translation]

Lac rupicaprinum patients live through the duality of these twins once again. They are torn between brute animal force and fulfilment. They aspire both to the divine and to down to earth material things. They are desperately in search of their place, torn between an ancient, opulent, terrestrial world, the one down in the plain where food was abundant, where they it was possible to live without any worries, and the safety of living high up above, where, with artificial wings, they can aspire to the divine. Hunted by Men, they are painfully reminded of their human condition by God who "knocks their hip out of joint". They have to wander, live precariously, in exile, in search of the ideal place to live. *Lac rupicaprinum* patients must accept the fact that they are incomplete, accept their imperfections. They must be willing to encounter others but, first of all, to find inner peace before being able to attain fulfilment.

To commit oneself with another, to have a project with someone else. In a man-woman relationship, to forget the *rapport de force* - the dominant-dominated relationship. To enter into a human relationship, no longer an animal one. To be willing to give in, to no longer be in constant confrontation, the hip in this instance symbolises a lock, a deadlock.

All this is probably too intellectual and may not help to write out a prescription. More pragmatically, we can suggest the following hypotheses for *Lac rupicaprinum*:

In egotrophy

It could be about someone who needs movement, who changes place, a sportsman/woman who loves to climb, to ascend, he/she is enduring, and flies from crest to crest. He/she is very protective of his/her children in a family frame which makes him/her feel secure. He/she enjoys getting together with the family and spending time with them in a convivial way. Full of energy, he/she spares no effort for the family as well as the home. A home that he/she doesn't hesitate to renovate, transform, redo... When exhausted, he/she has a vital need to re-charge his/her batteries by going back to nature, to wide open spaces, putting things at a distance by going up to higher ground.

In egolysis:

Their jammed hip or painful joints prevent them from climbing. They are nailed down, to this world full of material things, they feel bogged down. They have cut themselves off from their family, friends, are wistful for the time when their mobility allowed them to travel.

In alterlysis:

They thrash about violently, others hinder them, block them, trap them. They flee from situations in which they feel cornered, so they suddenly decide to move out from where they live, to seek out « a place of their own ».

Without doubt, our reading will be different from your own approach, or of that of Masi's Thomistic referential, or yet of Marc Brunson's study according to the Substance.

We could not wish to incite you more to prescribe this remedy as soon as possible. In order to verify our hypotheses and to get to know it better by enriching it with new the material obtained through cured cases.

Lac rupicaprinum is brand new. Make it come alive and tell us, in turn, about your experiences.

Bibliography:

- Tardan-Masquelier, Ysé. *Le corps médiateur*. Revue Française de Yoga, n°33. Editions Dervy
- Tardan-Masquelier, Ysé. *Le symbolisme de la colonne vertébrale*. Les Carnets du yoga, n°224, Aug.-Sept. 2003
- Tardan-Masquelier & collectif. *Les chemins du corps*. Editions Albin Michel
- de Souzenelle, Annick. *Le symbolisme du corps humain*. Editions Albin Michel
- Soulier, Olivier. *Histoires de vies, messages du corps*. Editions Sens & Symboles

Chamois milk: two successful cases ?

First case by Dr. Jean-Marie Deschamps

Michel. L. was born in 1930.

PAST MEDICAL HISTORY:

- HBP in the past, began when he was about 45, treated with Aldomet®, Aldactone®, Cibadrex®, then Cibacène®, then Chrono-Adalate® because of hypokalemia at 3.3 then 2.9mEq/l. In spite of the addition of Kaléorid® (as much as 3 tablets/day) rarely managed to rise above the lower norm of (3.5mEq/l).
- prostatic hypertrophy, had a transurethral resection of the prostate, with a PSA which went from 6 to 20ng/ml, fluctuating over the years. Ultrasonic testing showed nothing abnormal aside from the above mentioned hypertrophy.
- slow digestion, with belching, pyrosis. Chronic constipation aggravated during a trip, at times stool hard as stones.
- left gonalgia, subsequent to an old sprain, aggravated when descending a mountain, but not when ascending nor running on flat ground. Meniscectomy considered.
- pain in left hip, more precisely at greater trochanter descending along thigh, aggravated going up stairs but not when running, ameliorated lying on painful side and aggravated putting weight on one foot. An X-ray showed periarticular edema, but no lesion to the joint itself. The pain is ameliorated by physical therapy and *Bryonia*.
- tendonitis in right elbow, another under a foot
- tinnitus, clicking sounds

- miscellaneous skin problems:
 - wart on back of foot
 - itching on back of hand, little finger, back of foot
 - seborrheic keratoses on temple and scrotum
 - actinic keratosis on left cheek because of exposure to the sun
 - basal-cell carcinoma on left cheek in '96, on forehead in 2000 and 2005 and in periarticular area in March 2007.

ON PAST MEDICAL RECORD:

I saw that Michel

- is not particularly anxious, except in cases of health problems
- is rather withdrawn, naturally calm but can get annoyed if forced to express himself and he doesn't like crowds. Has often been prescribed *Nat-mur.*, which “relaxes him and opens him up a little,” as his wife says.

- seems to be relatively insensitive to variations in the weather, tolerates the cold very well.
- dreams regularly of the mountains and of traveling.

Finally, I note that he had a sort of « muscular infarct » in the thigh during a hike in the mountains when – customary for him – he had drunk very little. Since then, he tries to drink more.

THIS PATIENT HAS BEEN WITH ME SINCE THE END OF 2003...

... essentially for the follow-up on the various pathologies. I quickly stopped prescribing *Nat-mur*. which didn't improve the constipation.

It's hard to get to know Michel, who is a born *Savoyard*²⁸, rather taciturn and not loquacious. His wife comes to the consultations with him, she speaks about him. Here is what I learned bit by bit, as the consultations went along:

Michel was a cabinetmaker, he was employed by other craftsmen, then he had his own business for two years, but stopped because he would have had to invest much more to buy equipment. After this he worked for remodelers, first in carpentry then changing the oil in machines. He has always done a good job. "I never got a promotion because I was a bit of a complainer, so work would go better, not for myself. Every year they asked me to be a delegate but I never wanted to, for me its oral, to get up and talk in front of others with a bunch of papers is something I couldn't do. And I don't have the education. But I always stood up for those who were getting pushed around." He got married at the age of 43 and his wife says that his studio was clean and well kept.

He was the second child in a family of three. One of his two brothers died of bronchial cancer. **"I'm not very family oriented, apart from my wife, my brother and my niece..."**

"When I was little, I was rambunctious... I was also skinny. My father used to drink. When I was about 16, I got to be stronger than him physically. My brothers never said anything, I stood up for my mother."

Michel has always liked sports and the mountains. He did some boxing, then hikes in the mountains and climbing, as well as running. At 73 years old, he still runs once a week, cycles and does a bit of gym in the morning. He also still goes hiking in the mountains with his wife and a couple that they are friends with. Before he used to go hiking with the *Club Alpin Français*²⁹, but most often he enjoys going alone...

"On Saturdays we used to go up to a mountain hut...", he doesn't say any more but the wistfulness for times gone by is almost tangible... **"At night if I get up to go to the bathroom, I stop to look at *Le Revard* and *La Dent du Chat*³⁰."**

²⁸ translator's note: from the Savoie area in the Alps

²⁹ translator's note: a well-known mountain climbing association in France

³⁰ translator's note: two popular mountains in the Annecy area

Michel isn't anxious, just gets worked up before going on a trip, a bit impulsive too, but quickly quiets down. He has never wanted a pet because **he likes his freedom better**. At home he likes to read and do crossword puzzles. He spoke to me about Napoleon, is fascinated by everything that he accomplished, his conquests as well as the laws he passed, some which apply still today. He dreams about traveling, the mountains, sometimes flying over the trees.

“When I had a garden, I took good care of it, I didn't like to garden but I did a good job anyway. No, my ‘thing’ is going up into the mountains.”

Coming back from a trip to Vietnam in April 2004, he consulted for persistent conjunctivitis, his eyelids were stuck together, at night he had to apply warm water. He had rhinitis with crusts and blood, spat out brown. *Kali-bichr*. In 2005, itching in leg was ameliorated by cold water, ameliorated by *Fagopyrum*.

Considering how the word *mountain* keeps coming up (although it is a common word for a *Savoyard* to use) I tried to turn the conversation onto the subject:

“In the mountains,” he says becoming enthused, **“what I like is ascending, climbing, going up and seeing from the top. When I used to go hiking with the garage-men who lived below me, at first I was far behind, but then I got tougher, afterwards it was a real pleasure.”** His wife adds: **“He is very enduring physically, he likes rocks, not the fields so much, he's a real chamois. In fact he is very attracted to those animals, chamois, roe-deer, ibexes. He also buys rice for the crows and the sparrows.”**

“I often think of the mountains and say to myself that I'll never ‘do a 3,000’³¹ again.”

In 2006, an X-ray of his left knee showed osteoarthritis, he couldn't run anymore...

“so, I watch sports on TV, now it's the Tour de France, but I only watch the mountain stages.” I recorded that a long conversation about the mountains, and about observing the chamois ensued, you couldn't stop Michel anymore!!! His wife and I don't dare interrupt his fast flow of words, I even forgot to take down notes...

“He has been burning hot for several months,” says his wife, “you can feel the heat almost before touching him.”

“I often feel like spitting out some of mucus that feels stuck in my chest.”

“I feel as if there were a needle wanting to come out of my right breast, periodically, like when I'm eating, or sitting in the evening.”

It is worth mentioning that this patient, rather slim, had plastic surgery when he was about 45 years old, he had somewhat hypertrophied breasts, and wouldn't go swimming anymore nor get changed in front of others.

At this point, I tried several remedies having a link with physical effort, movement, the mountains, freedom (*Rhus-t*, *Coca*, *Falco-p*), with no apparent result. I questioned him once more about his dreams: “You often dream of travel, could you tell me more about this?”

³¹ translator's note: *faire un 3000* - climb a mountain over 3,000 meters high

“Yes, I often dream I’m taking a bus, or a train, almost always it’s to go hiking in the mountains, and I climb up to places that I wouldn’t dare go to now! Then, when it’s time to leave I can’t find the bus, or my car...”

Now it’s August 2006, we have just had *Lac rupicaprinum* made but experimentation has not yet begun. In spite of this, I decide to try to use the remedy for Michel, because all the signs seem to point towards the mountains and the animals that live in it.

Lac rupicaprinum 30CH, a few globules

Jan 12th, 2007: the pain in breast rapidly went away and the knee is fine! K= 3.4

- I had a strange dream at the end of a nap: I wanted to get up to drink, because I was thirsty, but I was miserable because I couldn’t do it.
- Any other dreams?
- Of traveling still. Over the past few days, I’ve had heartburn and it makes me cough. Even after a snack. *Robinia* helps, but it still comes back. I also hurt my lower back vacuuming.

Lac rupicaprinum 30CH (plus a few globules to take when necessary)

July 6th, 2007: he is well.

“In Corsica,” says his wife, her eyes horrified, “he climbed up on top of a rock fifteen meters high!” [N.B.: without any equipment at 76 years of age!]
“Oh, never mind, I’d just seen a kid up there and thought: ‘No reason why I shouldn’t!’ ”
“I took the granules like you said...” [generally I tell my patients “take them when you don’t feel as well”] “... although I can’t remember why... But then I was fine. At the end of the afternoon, I tended to cough and spit a little.”

Lac rupicaprinum 30CH to take when necessary

Oct. 19th, 2007: he is well, no symptoms.

“A month ago I felt as if I were about to come down with the flu, I had chills, I took the remedy, the next morning it was over! ...” “Every morning I take my bike and **I stand up on the pedals**³², later I sometimes feel pain in my lower back, but after massaging a bit, everything’s fine!”
“Recently I dreamt of a wild boar, several times over the night. And the next day, in the town of Aix-les-Bains³³, a boar – probably having been chased by hunting dogs – swam across the lake and got into the marina. It finally ran away after causing panic. It charged someone!”

Michel has had several other psychic dreams that he had not mentioned to me. Furthermore, I learned on this occasion that he had hunted a little: ducks on the

³² translator’s note: *je monte en danseuse* is literally: “**I get up like a dancer**”

³³ translator’s note: town on a lake

lake near where he lives, hares in the lower mountains, a few ptarmigans in the higher mountains. "It's the pleasure of being in the mountains more than anything else," he tells me.

Lac rupicaprinum 30CH to take when necessary

July 8th, 2008: "I took the dose for a cold, it worked quickly." The potassium is normal now at 4mEq/l, but Michel still takes the Kaleorid®. [According to Dr. Denis Laforgue, cardiologist, "the patient is probably suffering from tubular renal disorder with trouble reabsorbing potassium. Chronodalate® has no direct effect on the potassium level. One could always think that the hypotensive effect of the remedy may have caused disorder of the renal tubules, it wouldn't be the first time that such a thing has happened."]. PSA rate is at 21, but there are no urinary symptoms, apart from the need to rise once or twice a night.

"I get this pain in my buttock, a muscular problem, I see a physical therapist for this. **It feels as if my hip were going to let go completely.** But when I'm hiking in the mountains, it never happens, it's strange. It hurts if I walk on a paved road!"

Lac rupicaprinum 200K, two doses

October 15th, 2008:

- After having taken the dose last July, I never had the sensation, like before, of my hip letting go. It used to happen mostly when I was in town, on the sidewalk. It never happened in the mountains, even when descending, now with poles.
- Apart from that, how are you doing?
- I'm alright, can't complain... I still have to get up once or twice a night, except when I'm in the mountains...! After taking the dose, I had cramps in my thighs, then in my ankle. In October I had the flu, or a cold, and I took the dose. The next day it had gone away. I also had this pain in my ankle, the one I sprained 10 years ago when I was running. I had pain and swelling. It went away, only slight swelling once after going on a trip in a car.
- How about the arthritis you had in your knee?
- Ah, my knee is still fine.
- And the constipation?
- Same thing, I take a little 'Fruitlax®' every 20 days or so.
[BP 14/8, with treatment.]
- Do you still go bike riding?
- Yes, I do, but I don't ascend as much. [he is 78...] I cycle 10 km in the morning, next to the lake. Before I used to love to ride up the hill near the train station, it's steep there, but I don't have the muscles anymore. It feels as if I were rock climbing. Climbing is too hard now, you need to use your arms too, and when you go to get a grip, you'd better be sure you can do it!
- What bothers him is getting old, adds his wife.
- Ah and then she doesn't want me to go alone, I'd like to go up *Armenaz*... [he makes an upward gesture with his arm]... to see the chamois, it isn't that far really, I miss it... but you have to be sensible, at least you try to.
- Can't you go with somebody else?

- Ah bah I'm used to going alone, sometimes I would go with a friend, but he can't anymore...
- But it's true, you really shouldn't go up alone, his wife goes on.
- Ah bah, it isn't a problem there... there's always somebody around, and you know, if you do fall, whether somebody's there or not doesn't really matter... but I won't go up *Arcalod* anymore... [he makes the same gesture with his arm again]... *Pécloz* would be alright, *Armenaz* too, maybe even *Les Arces*...
- Oh, go on, you walk fine still, his wife says to comfort him. In fact our friends can't follow you...
- Even in town, I walk fast, don't I? I'm used to it, it's natural, I don't do it to show off, that's just the way I walk...
- What about your dreams?
- Still about traveling, and looking for the bus when it's time to leave, trying to get back with the others after the visit. Or else I see scenes that I saw a long time ago with the hunting buddies, we used to find whole flocks of chamois.

Lac rupicaprinum 200K... to be continued

Second case by Dr. Jean-Marie Tribouillard

PREAMBLE:

This observation does not claim to be a demonstrative case of the remedy. What is lacking, to do so, is having the necessary distance as well as doing studies in greater depth.

My goal, however, is to incite you to attempt prescriptions in order to confirm, hopefully, the reliability of this new medical material.

OBSERVATION:

The patient is a 57 year old man whom I have known since 1988 and who comes to consult about twice a year.

He has two main health problems:

- **keratoconus**, also called conical cornea (*conical cornea* in the repertories)
- **a thrombo-embolic disorder** due to a deficit in protein C.

For the former, he has already had two corneal transplants.

For the latter, after having had double pulmonary embolism, must take VKA's on a long term basis.

NOVEMBER 2007

The last transplant was 10 years prior. The ocular situation seems to be changing once again and a new transplant is being considered.

However, today he comes to consult for a **blockage in the left hip**. This occurs when hiking in the mountains that he loves more than anything. More precisely, when ascending on steep footpaths. His thigh gets jammed when the joint is flexed and won't budge anymore. After a few minutes, he is able to continue. It isn't really painful. It happens several times over a climb that can last a few hours.

This computer scientist describes himself as being a "lonely bear". He works in a big city, 600 km away from where he lives. He lives in a Savoie village in the mountains. All week long his one obsession is to get home for the weekend so that he can go off into the mountains and climb the lesser Bauges mountain summits.

Without showing off particularly, he tells of his great climbing capabilities, and of how glad he is that he can race up a mountain at the rate of *600 meters an hour*. Without question, his passion is climbing, climbing fast and alone.

A great many remedies have been tried in an attempt to check the progression of the corneal illness as well as the coagulation problem, with no success. In particular, all the remedies under the rubric for *conical cornea*.

But today, for the first time, he tells me about this hip problem (which, moreover, is new).

REASONING

My reasoning is simple (if not simplistic, I readily admit).

I am looking for a remedy that can associate:

- **an ocular tropism**
- **the problem of a blocked hip**

in a patient who loves

- **to climb and go up**

and who is like

- **a gruff and lonely bear**

Lac rupicaprinum is, at this time of my long life as a homeopath, the remedy that seems the most akin to these factors. You have read in the proving how important the polarity of the hip is, as well as the ocular symptoms. Keep in mind that one of the frequent chamois' diseases is kerato-conjunctivitis which can make them go blind with the risk of falling. Even though the patient's affected cornea differs from this disease, the ocular tropism is striking.

The patient was given one 9CH dose and one 30CH dose, two months apart.

RESULTS

Almost 9 months after the last administration of the remedy (I am aware of how short a time this is), the ocular problem has improved, the transplant has been postponed and the hip problem is solved. Please note that I did not say that the eye had been healed.

Re-reading the medical record over again

I had thought that I wouldn't go any further in this rough observation, but decided to reread the record from the very beginning, in other words since 1988.

The patient is someone who is always in a hurry, consultations can't last more than 10 minutes. He always comes on Saturdays because that's the day that I set aside for express or urgent cases and consult as patients come, without appointments.

I have often noted that I found him sad, anxious, in a hurry, shy and massive. He seems to be worried about everything.

I had prescribed: *Calc.*, *Bar-c.*, *Thu.j.*, *Calc-m.* among other things.

WHAT I FOUND IN THE PREVIOUS CONSULTATIONS:

Here are a few important sentences that I wrote down during various consultations:

“I have this metaphysical angst. Is life worth living?”

“I have to change, to start anew.”

“I don't like to restrict others, I'm incapable of giving orders, it's inhuman.”

He works in Paris: “A big city is hell, I can only relax in the mountains. And only on the condition that I walk fast.”

“I think that I’m aggressive, but I don’t want to hurt my worst enemy.” [I’m surprised that I didn’t at least ask him who his worst enemy was.]

“I’m irresolute, I hesitate between down to earth things and idealism.”

I note that he gives an impression of contained violence, but he keeps repeating that he loathes quarrels.

He is refractory and can only work alone.

“I’m an atheist in search of spirituality.”

I also noted: consultation too short, hard to get a grasp of him, always *between two* (things)³⁴ (between two doors, between two appointments).

He is extremely aggravated by heat and loves the cold. He has said this at every single consultation.

SOME THOUGHTS

Reading all this over has made me think about the prescription of *Lac rupicaprinum*.

Perhaps it is a more profound remedy than first meets the eye.

Of course what strikes me the most is his passion for the mountains and his need to change altitudes, to go straight up.

Hip blockage was a symptom that was particularly felt by the provers.

But there is also the idea of renovation (of making anew) and the feeling of being *between two*³⁵ options. Between what he calls “down to earth”³⁶ things and a spiritual quest. For me, a possible way of understanding chamois milk is this back and forth movement between the search for verticality (i.e. spiritual elevation if not to say a search for the Divine) and the foot of the mountain, where earthly food is plentiful and where he has been driven away from.

And if you will allow me to speak of my feeling, this man gives me the impression of being hunted, always on the alert, ready to make a get-away, a feeling of precariousness, of being in transit.

³⁴ translator’s note : *entre deux* in French

³⁵ same

³⁶ tanslator’s note : *terre à terre* in French

The study of this remedy, in which I was “immersed” with Jean-Marie Deschamps for more than two years, has allowed me to recognize the particularly characteristic themes of chamois milk.

CONCLUSION

This observation will require being looked upon with greater distance, but for the time being, the signs are encouraging.

You will find, in this document, the entire proving of *Lac rupicaprinum*. Please don't hesitate to dive in, seek your own personal interpretation of chamois milk. A prescription, even based on partial elements, will allow us to confirm certain symptoms and validate those who will have been cured.

Step by step, a more precise image will then begin to appear.

Lac rupicaprinum repertory/répertoire

Nouvelle rubrique = new rubric
+ sous rubrique = new sub rubric
+ sous sous rubrique = new sub sub rubric

Psychisme/Mind

ACTIVITÉ/ACTIVITY; Général, en/general-5,22,23
ACTIVITÉ/ACTIVITY; Général, en/general; hyperactivité/hyper active-22,23
ACTIVITÉ/ACTIVITY; Désir de/desire for-5
ALLÉGRESSE, hilarité, vivacité, plein d'entrain/MIRTH, hilarity, liveliness-6
AMOUR/LOVE; Famille, pour la /family, for-44
ANXIÉTÉ/ANXIETY-80,343
+ sous rubrique
ANXIÉTÉ/ANXIETY; Constriction, constricting; gorge, de la/throat, in -343
ANXIÉTÉ/ANXIETY; Conscience de/conscience, of-80
+ sous rubrique :
ANXIÉTÉ/ANXIETY; Conscience de/conscience, of matin/morning-80
+ sous-sous rubrique :
ANXIÉTÉ/ANXIETY; Conscience de/conscience, of matin/morning ; réveil/
waking on-80
ANXIÉTÉ/ANXIETY; Nausée/nausea; par/from-359
AUTO-DÉPRÉCIATION/SELF-DEPRECIATION-47

CALME, tranquille/QUIET; Disposition/disposition-33,62,64,65,68,74,86,87,89bis
+ sous rubrique :
CALME, tranquille/QUIET; Disposition/disposition règles, avant les/menses,
before-66
CHANTER, chantant/SINGING; Général, en/general-9,67,69
CHANTER, chantant/SINGING; Général, en/general; gaiement,
joyeusement/cheerful, joyously-9,67
COLÈRE, irascibilité/ANGER, irascibility-91
COLÈRE, irascibilité/ANGER, irascibility; Erreurs, pour ses/mistakes, over his-91
(améliorer la traduction, c'est plutôt Erreurs, au sujet de ses/ mistakes, about his)
COMPAGNIE/COMPANY; Désir de/desire for-76
COMPAGNIE/COMPANY; Aversion pour, agg./aversion to, agg.; solitude, aime
beaucoup la/solitude, fond of-36
COMPRIS, veut être/UNDERSTOOD, desires to be-45
CONCENTRATION/CONCENTRATION; Difficile/difficult-84
CONCENTRATION/CONCENTRATION; Difficile/difficult; matin, le/morning-
84
CONTRADICTION/CONTRADICTION; Intolérance à /intolerant of-8
COULEURS/COLORS; Charmé par/charmed by -31
COULEURS/COLORS; Charmé par/charmed by; orange/orange-31
CRIANT, hurlant/SHRIEKING, screaming, shouting; Douleur, avec une/pain, with
the-352
+ sous rubrique

CRIANT, hurlant/SHRIEKING, screaming, shouting; Douleur, avec une/pain, with the; cou/neck-352

DÉLIRE/DELIRIUM; Agité/restless-91

DÉLIRE/DELIRIUM; Blâme lui-même de sa folie, se /blames himself for his folly-91

DÉRANGÉ, aversion d'être/DISTURBED, averse to being-73

DISTRAIT, préoccupé/ABSENT-MINDEDNESS-91

Nouvelle rubrique :

ENCOMBRE, englué, sensation d'être, par les objets ou situations/ENCUMBERED, burdened feeling, things or situations by-60,

ENTRAIN/BUOYANCY-5, 51,63,72,78

ENTREPREND/UNDERTAKES; Beaucoup de choses, ne persévère en rien/many things, perseveres in nothing-41

ERREURS, fait des/MISTAKES, makes-46,85,89

ERREURS, fait des/MISTAKES, makes; Calculant/calculating-89

ERREURS, fait des/MISTAKES, makes; Parlant, en/talking-46,85

ERREURS, fait des/MISTAKES, makes; Parlant, en/talking; mal, faux/wrong; mots, utilisant des/words, using-46,85

EUPHORIE, joie, exultation/EUPHORIA, elation-57

EXCITATION, excitabilité/EXCITEMENT, excitable-6

FRAPPANT, tapant/STRIKING-91

FRAPPANT, tapant/STRIKING; Cognant sa tête contre les murs/knocking his head against wall-91

GAI, joyeux, heureux, de bonne humeur/CHEERFULNESS, gaiety, happiness; Général, en/general-4,8,56

GAI, joyeux, heureux, de bonne humeur/CHEERFULNESS, gaiety, happiness; Général, en /general; matin, le/morning-10

GAI, joyeux, heureux, de bonne humeur/CHEERFULNESS, gaiety, happiness; Général, en /general; matin, le /morning; réveillant, en se/waking, on-10

GRISERIE, joie débordante/EXHILARATION-6,56

HALLUCINATIONS, illusions/DELUSIONS, imaginations-30,47

+ sous-rubrique :

HALLUCINATIONS, illusions/DELUSIONS, imaginations bébé,sur le sein de sa mère/ mother, breast, on, 30

HALLUCINATIONS, illusions/DELUSIONS, imaginations; Coupés/cut; deux, en/two, in-59

+ sous-rubrique :

HALLUCINATIONS, illusions/DELUSIONS, imaginations; Coupés/cut; deux, en/two, in transversalement/transversally

HALLUCINATIONS, illusions/DELUSIONS, imaginations; Réussir, il ne peut pas, fait tout mal/succeed, that he cannot, does everything wrong-47

HARMONIE, désir de (et non sensation d') rubrique du Synthésis- 44

HARMONIE, sensation d' /HARMONY, sensation of-82,83

HORRIBLES, les choses, les histoires tristes, le touchent profondément/HORRIBLE things, sad stories affect her profoundly-39

HUMEUR /MOOD; Changeante, variable/changeable, variable-15

IMPATIENCE/IMPATIENCE-16,20,61

IMPÉTUEUX/IMPETUOUS-3

INCOMPRIS, mal compris, se sent/MISUNDERSTOOD, feels-45

INSOUCIANT/CAREFREE-77

INTOLÉRANCE/INTOLERANCE; Gêne, l'obstacle, à la/hindrance, of -11,89

INTRÉPIDE, sans peur/FEARLESSNESS-3

IRRÉSOLUTION, indécision/IRRESOLUTION, indecision-36,48

IRRITABILITÉ /IRRITABILITY-11,16,19,20,52,53, 61,73,88

IRRITABILITÉ/IRRITABILITY; Affaires, au sujet des/business, about-88

IRRITABILITÉ /IRRITABILITY; Broutilles, par des /trifles, from -11,16, 19

IRRITABILITÉ/IRRITABILITY; Famille, pour sa/family, to her-52,55

JETTE/THROWS; Choses/things; au loin/away-91

JOIE, allégresse/JOY; Nature, dans la/nature, in-67

LENTEUR d'esprit, difficulté de penser et de comprendre/DULLNESS, sluggishness, difficulty of thinking and comprehending-2-84

LENTEUR d'esprit, difficulté de penser et de comprendre/DULLNESS, sluggishness, difficulty of thinking and comprehending; Matin, le/morning-84

MÉCONTENT, insatisfait/DISCONTENTED, displeased, dissatisfied-37

MÉMOIRE/MEMORY; Faiblesse, perte de/weakness, loss of-7

MOROSE, boudeur, grognon, humeur chagrine/MOROSE, sulky, cross, fretful, ill-humor, peevish-26,35,40

MOROSE, boudeur, grognon, humeur chagrine/MOROSE, sulky, cross, fretful, ill-humor, peevish; Temps/weather; pluvieux, par/rainy, from-35,41

MUSIQUE/MUSIC; Agréable, est/agreeable, is-69,75

Nouvelle rubrique :

Musique, répétition, mélodie/Music, repetition, melody - 58

Et y ajouter la sous-rubrique déjà existante : Psychisme; S; MUSIQUE;

Répétition de, même quand de mauvaise humeur (croc, ign)

OCCUPÉ, affairé/BUSY-558

OCCUPÉ, affairé/BUSY; Soir, le/evening-558

OFFENSÉ facilement/OFFENDED easily-45

OPTIMISME/OPTIMISM-78

ORDRE, désir d' /ORDER, desire for-22,54

OUBLIEUX, étourdi /FORGETFULNESS -3,32,91

OUBLIEUX, étourdi/FORGETFULNESS; Objets, où il a mis les/things, of where he put-91

+ sous rubrique :

OUBLIEUX, étourdi /FORGETFULNESS achats, part sans payer ses / purchases, forget to pay her-3

PARLER, parle/TALK, talking, talks; Indisposé à, désir être silencieux, taciturne/indisposed to, desire to be silent, taciturn -29

PENSÉES/THOUGHTS; Clarté des/clarity of-70

PENSÉES/THOUGHTS; Évanouissement, disparition, perte des/vanishing, loss of 43

PLAISANTER/JESTING; Général, en /general -9

PRÉCIPITATION, hâte/HURRY, haste-3 CONFUSION d'esprit /CONFUSION of mind-3,8

PLEURER, pleurs/WEEPING, tearful mood; Général, en/general-38

PLEURER, pleurs/WEEPING, tearful mood; Général, en/general; nostalgie, comme par/homesickness, as from-38

PLEURER, pleurs/WEEPING, tearful mood; Général, en/general; triste/sad; histoires, pour des/stories, about-39

QUERELLES, aversion aux (rubrique du Complete 2005)- 44

QUERELLEUR, réprimandant/QUARRELSOMENESS, scolding-49,91

QUERELLEUR, réprimandant/QUARRELSOMENESS, scolding; Elle-même, avec/herself, with-91

RAPIDEMENT, agit/QUICK to act-24

Nouvelle rubrique :

Rénover, décaper, restaurer, désir de/renovate, strip, restore, desire to-18,25, 72

REPOUSSE, remet, ajourne tout au lendemain/POSTPONING everything to next day-42

REPROCHES/REPROACHES; Lui même/himself-91

RIRE, riant/LAUGHING; Général, en/general; immodérément /immoderately-56

SENSIBILITÉ, hypersensibilité/SENSITIVE, oversensitive; Général, en/general; couleurs, aux/colors, to-31

SENSIBILITÉ, hypersensibilité/SENSITIVE, oversensitive; Général, en/general; histoires tristes/sad stories-39

SENSIBILITÉ, hypersensibilité/SENSITIVE, oversensitive; Général, en /general; impressions externes, à toutes les/external impressions, to all-11

SENSIBILITÉ, hypersensibilité/SENSITIVE, oversensitive; Général, en/general; musique, à la /music, to-69,75

SENTIMENTAL/SENTIMENTAL-38

+Sous rubrique du Complete :

SENTIMENTAL/SENTIMENTAL, relations familiales, aux/ family relationships, about-38

Nouvelle rubrique :

SUPERFLU, besoin d'évacuer le/SUPERFLUOUS, wants to clear off, remove-60
(on peut ajouter à la rubrique SUPERFLU une sous-rubrique qui existe en fait déjà, mais à l'envers/ one sub-rubric yet existing in reverse can be added : Superflu, avec impression de tristesse/superfluous feeling, with sadness, qui correspond donc à/which matches with : TRISTESSE, dépression, mélancolie/SADNESS, despondency, depression, melancholy; Superflu, avec impression de /superfluous feeling, with)

SOUCIS, tracas/CARES, worries; Plein de/full of-79

SUICIDE, tendance au/SUICIDAL disposition-91

SUICIDE, tendance au/SUICIDAL disposition; Jetant de, en se/throwing himself from; fenêtres /windows-91

SUSPICIEUX, méfiant/SUSPICIOUSNESS, mistrustfulness-50

TORPEUR/TORPOR –1

TRANQUILLITÉ, sérénité, calme/TRANQUILLITY, serenity, calmness; Général, en general-33,62,64,65,68,81,83,86,87

+ sous rubrique :

TRANQUILLITÉ, sérénité, calme/TRANQUILLITY, serenity, calmness; Général, en general ; angoissantes, situations, malgré/ anxious situations, although-68,81

TRANQUILLITÉ, sérénité, calme/TRANQUILLITY, serenity, calmness; Général, en /general; règles, avant les/menses, before-65

TRISTESSE, dépression, mélancolie/SADNESS, despondency, depression, melancholy; Temps/weather; nuageux, par temps/cloudy, in-35

Rêves/Dreams

RÊVES/DREAMS; Achats, fait des/purchase, making-176

RÊVES/DREAMS; Affaires, d' /business, of-107, 210

RÊVES/DREAMS; Affaires, d' /business, of; difficultés dans /difficulties in-107

RÊVES/DREAMS; Aliment/food-103

+ sous rubrique

RÊVES/DREAMS; Aliment, dessert/food, dessert-103

RÊVES/DREAMS; Ami, de son/boyfriend-109

RÊVES/DREAMS; Ami, de son /boyfriend, of; ancien/old-109,151

+ sous rubrique

RÊVES/DREAMS; Ami, de son/boyfriend, of; ancien/old/ lui faisant des avances/making advances to her-117

+ sous rubrique

RÊVES/DREAMS; Ami, de son/boyfriend, of; vieil/old ; mort/death ; apprend la/hearing of the-109

RÊVES/DREAMS; Amis/friends-158,161,165,173,182,205,207

+ sous rubrique

RÊVES/DREAMS; Amis/friends; ancien/old-168,173

+ sous sous rubrique

RÊVES/DREAMS; Amis/friends; ancien/old; petite amie/girlfriend-168,173

+ sous rubrique

RÊVES/DREAMS; Amis/friends; chuchotent en l'accueillant, qui/speaking in a whisper, welcoming her-161

RÊVES/DREAMS; Amis/friends; rencontre, de/meeting, of-161,168,182,205

Nouvelle rubrique

RÊVES/DREAMS; Amitié/friendship-168

+ sous rubrique

RÊVES/DREAMS; Amitié/friendship; s'étiole/declining-168

RÊVES/DREAMS; Amoureux/amorous-126

RÊVES/DREAMS; Amoureux/amorous/embrassé/kiss being-126

+ sous rubrique

RÊVES/DREAMS; Amoureux/amorous; embrassé/kiss being ; intensément/strongly-126

RÊVES/DREAMS; Animaux, d'/animals, of-98,115, 143,162,164,193,194

RÊVES/DREAMS; Animaux, d'/animals, of; chats, félins/cats, felines-98,143,193,194

+ sous rubrique

RÊVES/DREAMS; Animaux, d'/animals, of; chats, félins, égorger/cats, felines, cut throat-98

RÊVES/DREAMS; Animaux, d'/animals, of; chevaux/horses-143

+ sous rubrique

RÊVES/DREAMS; Animaux, d'/animals, of; chevaux/horses; pont, en danger de tomber d'un/bridge, danger of falling from-164

RÊVES/DREAMS; Animaux, d'/animals, of; chevreuils/roe deer-193

RÊVES/DREAMS; Animaux, d'/animals, of; chiens/dogs-116,183,193

RÊVES/DREAMS; Animaux, d'/animals, of; chiens/dogs ; attaqué par un gros/attacked by a large-162

+ sous rubrique

RÊVES/DREAMS; Animaux, d'/animals, of; ferme de/farmhouse-183

RÊVES/DREAMS; Animaux, d'/animals, of; insectes/insects-213

+ sous rubrique

RÊVES/DREAMS; Animaux, d'/animals, of; insectes/insects; mouches/flies-213

RÊVES/DREAMS; Animaux, d'/animals, of; lions/lions-193

+ sous rubrique

RÊVES/DREAMS; Animaux, d'/animals, of; lions/lions; attaquant un troupeau de vaches/attacking cows-193

RÊVES/DREAMS; Animaux, d'/animals, of; oiseaux, d' /birds, of-116

+ sous rubrique

RÊVES/DREAMS; Animaux, animals, of; oiseaux de proie, rapaces, aigle d' birds of prey, eagle-116

+ sous-sous rubrique

RÊVES/DREAMS; Animaux, animals, of; oiseaux de proie, rapaces, aigle, d' birds of prey, eagle ; attaquant un chiot/ attacking a pup-116

+ sous rubrique :

RÊVES/DREAMS; Animaux, d'/animals ; requins/squales-115

RÊVES/DREAMS; Animaux, d'/animals, of; serpents /snakes-118

+ sous rubrique

RÊVES/DREAMS; Animaux, d'/animals, of; serpents/snakes ; sortant de l'eau/coming out water-118

RÊVES/DREAMS; Animaux, d' animals, of; vaches/cows-193

RÊVES/DREAMS; Anxieux/anxious-128

Nouvelle rubrique

RÊVES/DREAMS; Appartements/apartments-147,161

+ sous rubrique

RÊVES/DREAMS; Appartements/apartments ; hauteur, en/high built-147,161

+ sous rubrique

RÊVES/DREAMS; Appartements/apartments ; bois, en/wooden-147

RÊVES/DREAMS; Arbres, d'/trees, of-152

+ sous rubrique

RÊVES/DREAMS; Arbres, d'/trees, of ; se tenant sous, place ombragée, avec une belle vue/staying under, with shady place and nice view point-152

RÊVES/DREAMS; Argent/money-94,166

+ sous rubrique

RÊVES/DREAMS; Argent, sortant d'un distributeur/money, banknotes coming out off cash dispenser-94

+ sous rubrique

RÊVES/DREAMS; Argent, cacher de l'/ money, hiding-94

Nouvelle rubrique

RÊVES/DREAMS; Artisanat/handicraft-173

RÊVES/DREAMS; Ascenseurs, d'/elevators, of-178,183

RÊVES/DREAMS; Attaqué, d'être/attacked, of being-156,161

RÊVES/DREAMS; Attaqué, d'être/attacked, of being ; fascistes, par des/fascists, by-157

Nouvelle rubrique

RÊVES/DREAMS; Barque, bateau à rames, faire de la/rowboat, doing-203

RÊVES/DREAMS; Bateaux, navires/ships-175

+ sous rubrique

RÊVES/DREAMS; Bateaux, navires/ships; guerre, de/warships-175

+ sous sous rubrique

RÊVES/DREAMS; Bateaux, navires/ships; guerre, de/warships; coule, sombre, inquiétude au sujet de/foundering, sinking, worry about-175

+ sous sous rubrique

RÊVES/DREAMS; Bateaux, navires/ships; guerre, de/warships; sous-marins/submarines-175

RÊVES/DREAMS; Blessures, traumatismes/injuries-144

+ sous rubrique

RÊVES/DREAMS; Blessures, traumatismes/injuries ; hanche de sa fille, plaie profonde et déchiquetée/hip of his daughter, deep and jagged wound-143

Nouvelle rubrique

RÊVES/DREAMS; Bijoux/jewels-197

+ sous rubrique

RÊVES/DREAMS; Bijoux/jewels; minéraux, en/minerals, with-197

RÊVES/DREAMS; Bicyclette, déplacement en,de faire de la/bicycling, of-148,192,216

RÊVES/DREAMS; Blessé, d'être/wounded, of being -115

+ sous rubrique :

RÊVES/DREAMS; Blessé, d'être ; de plaie à vif et creusante/wounded, of being, wounds raw and burrowing-115

Nouvelle rubrique

RÊVES/DREAMS; Boue/mud-156,176,183

(Et intégrer la sous rubrique/insert the rubric : RÊVES/DREAMS; Boue/mud ; marcher dans la/walking in-176

+ sous rubrique

RÊVES/DREAMS; Boue/mud; maison, autour de la/house, around-176

+ sous rubrique

RÊVES/DREAMS; Boue/mud; s'enfoncer jusqu'aux cuisses/sinking to the thighs-176

RÊVES/DREAMS; Cachant d'un danger, se/hiding from danger, of-125

RÊVES/DREAMS; Cage, de/cage-211

+ sous rubrique

RÊVES/DREAMS; Cage, de/cage ; métallique/metal-211

Nouvelle rubrique

RÊVES/DREAMS; Calèches, tilbury/barouche, tilbury-143,167

+ sous rubrique

RÊVES/DREAMS; Calèches, tilbury/barouche, tilbury; tirés par quatre chevaux, s'envolant dans les airs/drawn by four horses, flying at full gallop in the air-143

RÊVES/DREAMS; Calmes, tranquilles/calm-152

+ sous rubrique

RÊVES/DREAMS; Calmes, tranquilles/calm; atmosphère/atmosphere-152

Nouvelle rubrique

RÊVES/DREAMS; Camarade de classe, retrouvant une ancienne/schoolmate, old-172

RÊVES/DREAMS; Campagne, nature/countryside, nature-116,217

RÊVES/DREAMS; Campagne, nature/countryside, nature; marchant dans/walking in-116

Nouvelle rubrique

RÊVES/DREAMS; Camions/trucks-183

Nouvelle rubrique

RÊVES/DREAMS; Camping-188

Nouvelle rubrique

RÊVES/DREAMS; Champagne, boire du/ champagne, drinking-95

Nouvelle rubrique

RÊVES/DREAMS; Chapeau/hat-200

+ sous rubrique

RÊVES/DREAMS; Chapeau/hat ; femme avec, excentrique, farfelu/women with, eccentric-200

RÊVES/DREAMS; Chasseurs/hunters-116

RÊVES/DREAMS; Châteaux, de/castles-110 (Complete 2005)

RÊVES/DREAMS; Chaussures/shoes-183

+ sous rubrique

RÊVES/DREAMS; Chaussures/shoes ; perdre sa/loosing her-183

RÊVES/DREAMS; Chute/falling-183

+ sous rubrique

RÊVES/DREAMS; Chute/falling ; d'un ascenseur/elevator, from-183

RÊVES/DREAMS; Chute/falling; hamac, d'un/hammock, from a-165

+ sous rubrique

RÊVES/DREAMS; Chute/falling; hamac, d'un/hammock, from a; nourrisson/infant-165

RÊVES/DREAMS; Coït/coition; de-138

Nouvelle rubrique

RÊVES/DREAMS; Collègue, ancienne/colleague, old-200

RÊVES/DREAMS; Colorés, couleurs/colored-97,98,163

RÊVES/DREAMS; Colorés, couleurs/colored; jaune/yellow-163

RÊVES/DREAMS; Colorés, couleurs/colored; orange/orange-163

+ sous rubrique

RÊVES/DREAMS; Colorés, couleurs, sépia/colored, sepia-97

Nouvelle rubrique

RÊVES/DREAMS; Compassion, de/sympathetic, compassionate-146

RÊVES/DREAMS; Conduisant/driving-103

+ sous rubrique

RÊVES/DREAMS; Conduisant/driving; tracteur, un/tractor, a-103

RÊVES/DREAMS; Conduisant/driving; voiture, une/car, a-95,119

+ sous rubrique

RÊVES/DREAMS; Conduisant/driving; voiture une/car, a ; contresens, à/in the wrong way-119

+ sous rubrique

RÊVES/DREAMS; Conduisant/driving; voiture de sport,une/sportscar,a-95

RÊVES/DREAMS; Confiance, de/confidence, of; elle a/she has-160

RÊVES/DREAMS; Confiance, de/confidence, of; manque de/want of-160

RÊVES/DREAMS; Contourner des maisons, des travaux/skirting around, houses, roadworks-110, 216

RÊVES/DREAMS; Corps, parties du corps/body, body parts; dents/teeth-133

+ sous rubrique

RÊVES/DREAMS; Corps, parties du corps/body, body parts; dents/teeth ; bouge/loosening-133

RÊVES/DREAMS; Corps, parties du corps/body, body parts; seins/mammae, breasts-97

+ sous rubrique

RÊVES/DREAMS; Corps, parties du corps/body, body parts; seins/mammae, breasts; troisième, a un/third has-97

RÊVES/DREAMS; Corps, parties du corps/body, body parts; face/face-121

+ sous rubrique

RÊVES/DREAMS; Corps, parties du corps/body, body parts; face/face, sans les yeux/without eyes-121

+ sous rubrique

RÊVES/DREAMS; Corps, parties du corps/body, body parts; face/face ; couverte d'une peau/covered with a skin-121

RÊVES/DREAMS; Corps, parties du corps/body, body parts; face/face ; défiguré/disfigured-150

+ sous sous rubrique

RÊVES/DREAMS; Corps, parties du corps/body, body parts; face/face ; défiguré/disfigured ; excroissances, par des/excrescences, by-150

+ sous rubrique

RÊVES/DREAMS; Corps, parties du corps/body, body parts; seins, mamelons durcissent/mammae, breasts, nipples hardening-104

+ sous rubrique

DREAMS; Corps, parties du corps/body, body parts; tête/head-146

RÊVES/DREAMS; Corps, parties du corps/body, body parts; tête/head; coupées/cut off-146

RÊVES/DREAMS; Couper, coupé/cutting-98

RÊVES/DREAMS; Couper, coupé/cutting; couteau, d'être coupé avec un/knife, of being cut with a-98

+ sous rubrique

RÊVES/DREAMS; Couper, coupé/cutting; couteau, d'être coupé avec un, égorgé/knife, of being cut with a, cut throat-98

RÊVES/DREAMS; Cuisinant/cooking-129

RÊVES/DREAMS; Culpabilité/guilt-100

RÊVES/DREAMS; Danger/danger-98,156,178

+ sous rubrique

RÊVES/DREAMS; Danger/danger; patients dangereux/dangerous patients-178

RÊVES/DREAMS; Danger/danger; peur, sans/fear, without-98,163,178

RÊVES/DREAMS; Danger/danger; protéger les autres du/protecting others-116

+ sous rubrique

RÊVES/DREAMS; Danger/danger; protéger du/protecting others ; ciel, venant du/sky, coming from-116

RÊVES/DREAMS; Danser, dansant/dancing-123

RÊVES/DREAMS; Descendant/descending-140

+ sous rubrique

RÊVES/DREAMS; Descendant/descending, village, à vélo, en empruntant une nouvelle route, d'un/village, by bike, taking a new road,from a-140

Nouvelle rubrique

RÊVES/DREAMS; Distancer, se faire/left behind, to be-148

Nouvelle rubrique

RÊVES/DREAMS; Divorce, ami, d'un/divorce, friend, of a-208

Nouvelle rubrique

RÊVES/DREAMS; Eboulement de terrain/landslide-156

RÊVES/DREAMS; Échelle, se tenant sur une grande/ladder, standing on a high-216

RÊVES/DREAMS; Eau/water-115,189

RÊVES/DREAMS; Eau/water; nager dans, de/swimming in-115,189

RÊVES/DREAMS; Echafaudages/scaffold-161

+ mettre la sous rubrique existante/insert the sub rubric existent :

RÊVES/DREAMS; Échafaud très haut, il était sur un, sans être anxieux/scaffold, he was on a very high, without being anxious

+ sous rubrique

RÊVES/DREAMS; Echafaudages/scaffold ; entre dans l'appartement par un/entering the apart, on a-161

RÊVES/DREAMS; Efforts infructueux pour/unsuccessful efforts to; faire des choses variées/do various things-189

RÊVES/DREAMS; **Effort physique, d'**exertion, from-92

(cette rubrique est incomplète, il s'agit bien d'effort physique et non mental, il faut la modifier !/This rubric is incomplete, it is question of physical exertion, the rubric must be modified)

+ sous rubrique

RÊVES/DREAMS; Effort physique, exercices au sol /exertion, floor exercice-92

RÊVES/DREAMS; Effrayants/frightful; réveillant, le /waking him-106

+ sous rubrique

RÊVES/DREAMS; Effrayants, homme nu dans un train/frightful, naked man in a train-106

Nouvelle rubrique

RÊVES/DREAMS; Emménager, s'installer dans un appartement/move into a flat-132, 209

+ sous rubrique

RÊVES/DREAMS; Emménager, s'installer dans un appartement/move into a flat; cinq étudiants, avec/five students, with-209

RÊVES/DREAMS; Enfant, enfants/child, children; au sujet/about-99,131

+ sous rubrique

RÊVES/DREAMS; Enfant, enfants/child, children; au sujet/about ; orphelins/orphans-131

+ sous rubrique

RÊVES/DREAMS; Enfant, enfants, se roulant par terre/child, children, rolling on floor; au sujet/about-99

RÊVES/DREAMS; Enfant, enfants/child, children; au sujet/about; bébés/babies-165,211

+ sous rubrique

RÊVES/DREAMS; Enfant, enfants/child, children; au sujet/about; bébés/babies; cage métallique, enfermé dans/metal cage, locked up-211

+ sous sous rubrique

RÊVES/DREAMS; Enfant, enfants/child, children; au sujet/about; bébés/babies; cage métallique, enfermé dans/metal cage, locked up; sortir, essayant de le faire/putting him out, trying to-211

Nouvelle rubrique

RÊVES/DREAMS; Engagement, manquer à son/engagement, breaking one's-129

RÊVES/DREAMS; Éruptions/eruptions-217

+ sous rubrique

RÊVES/DREAMS; Éruptions/eruptions ; bougie, des taches de, comme/candle marks, like-217

+ sous rubrique

RÊVES/DREAMS; Éruptions/eruptions; graisseuse/greasy-217

+ sous rubrique

RÊVES/DREAMS; Éruptions/eruptions; malodorantes/malodorous-217

RÊVES/DREAMS; Escaliers, d'/stairs, of-173

+ sous rubrique

RÊVES/DREAMS; Escaliers, d'/stairs, of; châteaux, de/castles, of-173

RÊVES/DREAMS; Etreindre, serrer dans ses bras/embrace-127

+ sous rubrique

RÊVES/DREAMS; Etreindre, serrer dans ses bras /embraces; mère, sa/mother, her-127

Nouvelle rubrique

RÊVES/DREAMS; Falaise/cliff-216

RÊVES/DREAMS; Famille, sa, ses proches/family, own-135,136,177,180,181,191,205,207

RÊVES/DREAMS; Famille, sa, ses proches/family, own; cousin, de/cousin, of-177,189,190,205

+ sous rubrique

RÊVES/DREAMS; Famille, sa, ses proches/family, own; grand-mère/grandmother-181

RÊVES/DREAMS; Famille, sa, ses proches/family, own; parents/parents-177

RÊVES/DREAMS; Famille, sa, ses proches/family, own; parents/parents ; père/father-177

RÊVES/DREAMS; Fantastiques/fantastic-142

RÊVES/DREAMS; Femmes/women-106,130,170,200

+ sous rubrique

RÊVES/DREAMS; Femmes/women; enceinte/pregnant-130

+ sous rubrique

RÊVES/DREAMS; Femmes/women; sportives, blessures qui saignent, porteuses de/sportswomen, bleeding wounds with-171

+ sous rubrique

RÊVES/DREAMS; Femmes/women; trois, effrayées par un homme nu/ three, frightened by a naked man-106

RÊVES/DREAMS; Fêtes, de /parties, of pleasure-95,110

RÊVES/DREAMS; Fêtes, de /parties, of pleasure; anniversaire, de réception/birthday party-95

RÊVES/DREAMS; Feu/fire-147,187

+ sous rubrique

RÊVES/DREAMS; Feu/fire ; flammes dans un appartement, éteindre, essaye de/flames inside apartment, put out, trying to-147

+ sous rubrique

RÊVES/DREAMS; Feu/fire ; foudre, provoqué par la/lightning, caused by-187

RÊVES/DREAMS; Fille, de sa /daughter, of-130,151

+ sous rubrique

RÊVES/DREAMS; Fille, de sa/daughter, of ; enceinte/pregnant-130

+ sous rubrique

RÊVES/DREAMS; Fille, de sa /daughter, of ; nouvel ami de sa/new boyfriend of-151

RÊVES/DREAMS; Flotter/floating-95

+ sous rubrique

RÊVES/DREAMS; Flotter, glisser dans l'air, comme sur un coussin d'air/floating, gliding, sensation of, in the air, as if on air cushion-95

Nouvelle rubrique

RÊVES/DREAMS; Frontière, passer la/ border, escape over a-94

Nouvelle rubrique

RÊVES/DREAMS; Funambule/funambulist-163

Nouvelle rubrique

RÊVES/DREAMS; Gare, hall de/concourse, hall-123

RÊVES/DREAMS; Grimant, montant, en climbing-92

+ sous rubrique

RÊVES/DREAMS; Grimant, montant, en/climbing; escaliers/stairs-173

+ sous sous rubrique

RÊVES/DREAMS; Grimant, montant, en/climbing; escaliers/stairs; châteaux de/castle, of-173

+ sous sous rubrique

RÊVES/DREAMS; Grimant, montant, en/climbing; escaliers/stairs; VTT, en /mountain bikes, by-139

RÊVES/DREAMS; Grimant, montant, en/climbing; montagnes/mountains-92

+ sous rubrique

RÊVES/DREAMS; Grimper une pente à l'aide d'un fil à neige/climbing a slope with a ski tow-113

RÊVES/DREAMS; Groupes, de/groups, of-143,192

+ sous rubrique

RÊVES/DREAMS; Groupes, de/groups, of ; buvant de grands verres d'eau/drinking large glasses of water-143

RÊVES/DREAMS; Hauteurs/high places-160

+ sous rubrique

RÊVES/DREAMS; Hauteurs/high places ; groupe, village d'altitude, roulant en voiture vers/high altitude village, group of people, driving a car to-160

RÊVES/DREAMS; Herbe/grass-158 (Complete 2005)

+ sous rubrique

RÊVES/DREAMS; Herbe/grass ; très verte/very green-158

RÊVES/DREAMS; Hôpitaux, d'/hospitals, of-145,153,178

+ sous rubrique

RÊVES/DREAMS; Hôpitaux, d'/hospitals, of; immenses, endommagés et inachevés/huge, damaged and unfinished-145

+ sous rubrique

RÊVES/DREAMS; Hôpitaux, d'/hospitals; gens, beaucoup de, avec maladies graves, dans une grande salle commune/crowded with people, very sick, in a large ward-153

RÊVES/DREAMS; Immeubles/buildings-96

RÊVES/DREAMS; Immeubles/buildings; démolies/demolished-96

RÊVES/DREAMS; Immeubles/buildings; hauts/high-96,168 (2 remèdes dans le Complete 2005)

Nouvelle rubrique

RÊVES/DREAMS; Inde/India, of-95,169 (Lac-rupi., Lap-mar-c.)

(Il y a déjà une sous rubrique existante/ sub rubric already existent :

RÊVES/DREAMS; Inde, de l', suivant des silhouettes gracieuses, silencieuses/india, of, graceful, silent, following social forms-Lap-mar-c.)

+ nouvelle sous rubrique

RÊVES/DREAMS; Inde/India, of; belle femme indienne aux longs cheveux noirs/Iblack long-haired indian woman-95

+ sous rubrique

RÊVES/DREAMS; Inde/India, of; princesse indienne aux yeux verts chantant une chanson douce à la TV/green-eyed, indian princess, singing a smooth song on TV-169

RÊVES/DREAMS; Injustice/injustice; au sujet/about-97

Nouvelle rubrique

RÊVES/DREAMS; Intéressant, de ne pas être/interesting, not being-160

Nouvelle rubrique

RÊVES/DREAMS; Invités/guets; négligeant/neglecting-129

RÊVES/DREAMS; Ivres, gens/drunk people-95

RÊVES/DREAMS; Jardinage/gardening-191,204

RÊVES/DREAMS; Jeunesse, de/youth, time of-103

+ sous rubrique

RÊVES/DREAMS; Jeunesse, de sa, village, quartier /youth, time of, village,neighbourhood-103

RÊVES/DREAMS; Légumes/vegetables-191,214

+ sous rubrique

RÊVES/DREAMS; Légumes/vegetables; qui poussent très rapidement/ which grow fastly-214

+ sous rubrique

RÊVES/DREAMS; Légumes/vegetables; carottes/carotts-213

Nouvelle rubrique

RÊVES/DREAMS; Linge/linen-158

+ sous rubrique

RÊVES/DREAMS; Linge/linen; étendu près de grands feux/hanging up near big fires-158

Nouvelle rubrique

RÊVES/DREAMS; Lunettes de soleil/sunglasses-161

RÊVES/DREAMS; Maison, maisons/house, houses-93,118,137,143,173,176,177,181,189

+ sous rubrique

RÊVES/DREAMS; Maison, maisons/ house, houses; baies vitrées, en/ picture windows-93,173

+ sous rubrique
RÊVES/DREAMS; Maison, maisons/ house, houses; bois/wood-176

+ sous rubrique
RÊVES/DREAMS; Maison, maisons/house, houses; canal, sous la maison, homme revenant par un/ channel under house, man coming by-145

RÊVES/DREAMS; Maison, maisons/house, houses; campagne, dans la/country, in the-177

+ sous rubrique
RÊVES/DREAMS; Maison, maisons/ house, houses; chère/expensive-93

+ sous rubrique
RÊVES/DREAMS; Maison, maisons/ house, houses; en construction, inachevées/ under construction, unfinished-93,161

+ sous rubrique
RÊVES/DREAMS; Maison, maisons/house, houses/encombrée/encumbered-118

+ sous rubrique
RÊVES/DREAMS; Maison, maisons/house, houses; entrer, essayant d’/enter, attempting to-176

+ sous sous rubrique
RÊVES/DREAMS; Maison, maisons/house, houses; entrer, essayant d’/enter, attempting to; planches instables, en passant par des/shaky boards, by-176

+ sous rubrique
RÊVES/DREAMS; Maison, maisons/house, houses; gens, monde, personnes, pleine de/crowded with people-143

+ sous rubrique
RÊVES/DREAMS; Maison, maisons/house, houses; lac, au bord d’un/lake, lakeside-189

+ sous rubrique
RÊVES/DREAMS; Maison, maisons/house, houses; mobiles/moving-143

+ sous rubrique
RÊVES/DREAMS; Maison, maisons/house, houses; nature, intégrée dans la /nature integrated into-93

+ sous rubrique
RÊVES/DREAMS; Maison, maisons/house, houses; nouvelle/new-137

+ sous rubrique
RÊVES/DREAMS; Maison, maisons/house, houses; nombreuses portes et fenêtres ouvertes/many doors and windows opened-156

+ sous rubrique
RÊVES/DREAMS; Maison, maisons/ house, houses; route, traversée par une/ road, crossed by -93

RÊVES/DREAMS; Maison, maisons/house, houses; vieilles/old-137

RÊVES/DREAMS; Mal, faux/wrong; faisant/doing-134

RÊVES/DREAMS; Maladie/disease-145,149

RÊVES/DREAMS; Maladie/disease; malades, de gens/sick people-145,149

+ sous sous rubrique
RÊVES/DREAMS; Maladie/disease; malades, de gens/sick people ; par centaines, couchés sur le toit de l’hôpital/hundred of people lying on a hospital roof-145

Nouvelle rubrique
RÊVES/DREAMS; Manèges/merri-go-round-163

+ sous rubrique

RÊVES/DREAMS; Manèges/merry-go-round; géants, tournant haut dans le ciel/huge, turning high in the sky-163

RÊVES/DREAMS; Manger/eating-177

+ sous rubrique

RÊVES/DREAMS; Manger/eating; maison de campagne, dans une/country house, in a-177

RÊVES/DREAMS; Marcher, de/walking, of-94,180,202

+ sous rubrique

RÊVES/DREAMS; Marcher, de/walking, of; distance, mauvaise appréciation de la.distance, inaccurate judge of the-180

+ sous rubrique

RÊVES/DREAMS; Marcher, de/walking, of; famille, avec sa/family, with her-180

+ sous rubrique

RÊVES/DREAMS; Marcher, de/walking, of; longuement/time, for a long-180

+ sous rubrique

RÊVES/DREAMS; Marcher, rue,dans une/walking, street in a-94,202

+ sous sous rubrique

RÊVES/DREAMS; Marcher, rue, dans une/walking, street, in a; passante/crowded-94

+ sous rubrique

RÊVES/DREAMS; Marcher, ville,dans une/walking, city in a-202

+ sous sous rubrique

RÊVES/DREAMS; Marcher, ville,dans une/walking, city in a ; étrangère/ foreign-94

RÊVES/DREAMS; Mariage, de/wedding-135

RÊVES/DREAMS; Mariage, de/wedding; prépare/preparing-135

RÊVES/DREAMS; Médecin/physician-150

+ sous rubrique

RÊVES/DREAMS; Médecin/physician ; discutant de façon humaine avec la famille et le patient/discussing humanely with patient and family-150

Nouvelle rubrique

RÊVES/DREAMS; Menotté, quoique non coupable, avec une longue chaîne/handcuffed,though not huiilty, with a long chain-155

RÊVES/DREAMS; Mépris, dédain, de/contempt, of-97

+ sous rubrique

RÊVES/DREAMS; Mépris, dédain, de/contempt, of; Méprisé, dédaigné, est, en raison d'une marque de naissance/despised, is, because of a birth mark-97

RÊVES/DREAMS; Métal, de metal/metal about-92

+ sous rubrique

RÊVES/DREAMS; Métal, de metal/metal about; cage/cage-211

+ sous rubrique

RÊVES/DREAMS; Métal, de metal/ metal about; escaliers/stairs-161

+ sous rubrique

RÊVES/DREAMS; Métal, de metal/ metal about; fer, fil de/wire-215

+ sous sous rubrique

RÊVES/DREAMS; Métal, de metal/ metal about; fer, fil de/ wire; enfilé dans le corps/pushed into the body-215

+ sous rubrique

RÊVES/DREAMS; Métal, de metal/ metal about; garde-corps d'un manège, personne tenant à peine/balustrade of a merry-go-down, people holding lightly the-163

+ sous rubrique

RÊVES/DREAMS; Métal, de metal/metal about; pont suspendu en; suspension bridge-92

RÊVES/DREAMS; Misère/misery-145

RÊVES/DREAMS; Montagne, montagnes, de/mountain, mountains, of-120

+ sous rubrique

RÊVES/DREAMS; Montagne, montagnes/mountain, moutains/refuge, de/refuge-120

RÊVES/DREAMS; Mordre, mordant/biting-144

+ sous rubrique

RÊVES/DREAMS; Mordre, mordant/biting ; fille, à la hanche, sa/daughter, at hip, his-144

RÊVES/DREAMS; Mort/dead; personnes, de/people, of-156

RÊVES/DREAMS; Mort/dead; personnes, de/people, of; enfants/children-156

+ sous sous rubrique

RÊVES/DREAMS; Mort/dead; personnes, de/people, of; enfants/children ; éboulement de terrain, par un/landslide, by-156

RÊVES/DREAMS; Mort/dead; personnes, de/people, of; parents/relatives-177

RÊVES/DREAMS; Musique/music-143

+ sous rubrique

RÊVES/DREAMS; Musique/music ; orchestre folklorique, dansant et vendant des dentelles/bands playing folk, dancing and selling laces-143

RÊVES/DREAMS; Neige/snow-182,191

+ sous rubrique

RÊVES/DREAMS; Neige/snow : dérapier sur/skiding on-182

RÊVES/DREAMS; Négligé, d'être/neglected being-123

RÊVES/DREAMS; Nettoyer, de/cleaning-105,186

+ sous rubrique

RÊVES/DREAMS; Nettoyer, de/cleaning ; aquarium un/fish tank, a-186

+ sous rubrique

RÊVES/DREAMS; Nettoyer, de/cleaning ; vomi/vomit-105

RÊVES/DREAMS; Nostalgie/homesickness-96

RÊVES/DREAMS; Nuages/clouds-114

RÊVES/DREAMS; Nudité, de/nakedness, about-104, 106

+ sous rubrique (Complete 2005)

RÊVES/DREAMS; Nudité, de, montre ses seins nus/nakedness, about, exposing herself, mammae-104

RÊVES/DREAMS; Obscène, lascif, voluptueux/lewd, lascivious, voluptuous-101,154

RÊVES/DREAMS; Obscène, lascif, voluptueux/lewd, lascivious, voluptuous; orgies/orgies-101

RÊVES/DREAMS; Obstacles/obstacles-111 (Complete 2005)

+ sous rubrique

RÊVES/DREAMS; Obstacles, chemin, en montant/obstacles, way, climbing-111

RÊVES/DREAMS; Ordre, faisant dans le mauvais/ order, doing things in the wrong-134

Nouvelle rubrique :

RÊVES/DREAMS; Pape, du/ Pope, of the-102

Nouvelle rubrique

RÊVES/DREAMS; Parcours du combattant, de/ assault course-92

RÊVES/DREAMS; Paysages/landscapes; beaux, superbes/beautiful, of-167

+ sous rubrique

RÊVES/DREAMS; Paysages/landscapes; beaux, superbes/beautiful, of; pentu et ensoleillé/sloping and sunny-167

RÊVES/DREAMS; Perdu, d'être/lost-173

+ sous rubrique

RÊVES/DREAMS; Perdu, d'être/lost; perdre des gens avec qui il est/loosing people being with him-173

RÊVES/DREAMS; Personnes, de /people, of-95, 143,185

+ sous rubrique

RÊVES/DREAMS; Personnes, étranges de/people, strange, of-95

RÊVES/DREAMS; Personnes, de /people, of; foule/crowd-143,185

+ sous rubrique

RÊVES/DREAMS; Personnes, de /people, of; foule/crowd; rues, dans les/streets, in the-143,185

+ sous rubrique

RÊVES/DREAMS; Personnes, de/people, of; pauvres/impooverished-145

RÊVES/DREAMS; Pièces, de/rooms, of -131

+ sous rubrique

RÊVES/DREAMS; Pièces, de/rooms, of ; enfants, pleines d'/children, full of-131

+ sous rubrique

RÊVES/DREAMS; Pièces, de/rooms ; grandes/larges-150

RÊVES/DREAMS; Pique-niques, de/picnics-104,207

+ sous rubrique

RÊVES/DREAMS; Pique-niques, de/picnics ; amis et famille, avec/friends and family, with-207

Nouvelle rubrique

RÊVES/DREAMS; Piscine, de/swimming pool, of-95,188,196,206

Nouvelle rubrique

RÊVES/DREAMS; Place, ne pas être à sa/place, not to be at the right-150

RÊVES/DREAMS; Ponts/bridges-164

+ sous rubrique

RÊVES/DREAMS; Ponts/bridges-164

+ sous sous rubrique

RÊVES/DREAMS; Ponts/bridges; très hauts/very high-164

Nouvelle rubrique

RÊVES/DREAMS; Port/port-188

+ sous rubrique

RÊVES/DREAMS; Port/port; chercher, ne pas trouver de/searching, not finding a-188

RÊVES/DREAMS; Portes/doors-168 (Complete 2005)

+ sous rubrique

RÊVES/DREAMS; Portes/doors; anciennes/old-168

Nouvelle rubrique

RÊVES/DREAMS; Pull over, chandail/pull over-184

RÊVES/DREAMS; Rencontres, de/meetings-141,177

+ sous rubrique

RÊVES/DREAMS; Rencontres, de/meetings ; fille, rejoindre sa, dans une ville étrangère/daughter, of, meeting her, in foreign town-141

Nouvelle rubrique

RÊVES/DREAMS; Réparer, rénover, réfection/repair, renovate, restore-159,168,170

+ sous rubrique

RÊVES/DREAMS; Réparer, rénover, réfection/repair, renovate, restore; rues en/street in-168

+ sous rubrique

RÊVES/DREAMS; Réparer, rénover, réfection/repair, renovate, restore; pierres, boiseries, sols, la surface des; stones, woodworks, grounds, the surface of-168

+ sous rubrique

RÊVES/DREAMS; Réparer/repair; tricycle, un/tricycle, a-159

+ sous rubrique

RÊVES/DREAMS; Réparer/repair; réservoir d'une voiture/gas tank of a car-170

+ sous sous rubrique

RÊVES/DREAMS; Réparer/repair; réservoir d'une voiture, homme descendant dans un grand//gas tank, man descending into a big-170

RÊVES/DREAMS; Retard, être en/late, being-152

RÊVES/DREAMS; Retard, être en/late, being; avion pour prendre/plane, taking for-152

Nouvelle rubrique

RÊVES/DREAMS; Retrouver/finding again-173,177,178

+ sous rubrique

RÊVES/DREAMS; Retrouver/finding again ; personnes perdues/people lost-173

RÊVES/DREAMS; Sautant/jumping-143

RÊVES/DREAMS; Sautant/jumping; rivière, dans une/river, in-143

+ sous sous rubrique

RÊVES/DREAMS; Sautant/jumping ;rivière, dans une/river, in ; pont, depuis un/bridge, from-143

RÊVES/DREAMS; Séduction, de/seduction, of-160

RÊVES/DREAMS; Séduction, de/seduction, of ; homme, en voiture, posant sa tête sur ses genoux : man, sitting in a car, putting hi head on her knees-160

RÊVES/DREAMS; Ski/skiing-149 ,179,191 (Complete 2005)

+ sous rubrique

RÊVES/DREAMS; Ski/skiing; autant d'herbe que de neige, sur/as much grass grass as snow, on-179

+ sous rubrique

RÊVES/DREAMS; Ski/skiing; famille, avec/family, with one's-191

Nouvelle rubrique

RÊVES/DREAMS; Tables/tables-150

RÊVES/DREAMS; Tables/tables : rondes et grandes/large and round-150

RÊVES/DREAMS; Tempêtes/storms-187

RÊVES/DREAMS; Tempêtes/storms; orage/thunderstorm-187

RÊVES/DREAMS; Travail/work-195

+ sous rubrique

RÊVES/DREAMS; Travail/work; ancien/past-195

RÊVES/DREAMS; Vagabonder, se promener, de/wandering-168

RÊVES/DREAMS; Vêtements/clothes-142

RÊVES/DREAMS; Vêtements/clothes; excentriques/eccentric-142,200

Nouvelle rubrique

RÊVES/DREAMS; Villages/villages-183

RÊVES/DREAMS; Villes/cities-168,189

RÊVES/DREAMS; Villes/cities; anciennes, se promener dans; old city, wandering in-168

+ sous rubrique

RÊVES/DREAMS; Villes/cities; inconnues/unknown-189

RÊVES/DREAMS; Visites/visits-147,161,177

+ sous rubrique

RÊVES/DREAMS; Visites/visits; ville, une/city-177

RÊVES/DREAMS; Visite, visites/visit, visits; faire des/making-147,161

+ sous rubrique

RÊVES/DREAMS; Visite, visites/visit, visits; faire des/making ; sœur, à sa ; sister, to her-147,161

RÊVES/DREAMS; Voyage/journey-181,188,196

+ sous rubrique

RÊVES/DREAMS; Voyage/journey ; affaires,d'/business trip-196

Vertige/Vertigo

TURNING; Agg./agg.-219

Tête/Head

Nouvelle rubrique

BRUME/MIST; Coton, comme dans du/Coton-wool like-222,245,246

CHALEUR/HEAT-228

CHALEUR/HEAT; Vertex/vertex-233,234,235

CHALEUR/HEAT; Douleur, avec une/pain, with-228

CONGESTION, hyperhémie/CONGESTION, hyperemia etc.; Général, en/general; front/forehead-247,251

CONGESTION, hyperhémie/CONGESTION, hyperemia etc.; Général, en/general; air, au grand/air, in open; amél./amel.-251

DOULEUR/PAIN; Côtés/sides; gauche/left-230,231,232,244

DOULEUR/PAIN; Côtés/sides; gauche/left; allongé/lying; agg./agg.-230

+ sous rubrique

DOULEUR/PAIN; Côtés/sides; gauche/left; allongé/lying; agg./agg.; dos, sur le/back, on-230

+ sous sous rubrique

DOULEUR/PAIN; Côtés/sides; gauche/left; allongé/lying; agg./agg.; dos, sur le/back, on ; côté, sur le, amél./side, amel.-230

DOULEUR/PAIN; Côtés/sides; droite/right-250

DOULEUR/PAIN; Après-midi, l'/afternoon; agg./agg.-243

DOULEUR/PAIN; Nuit, la/night-225,231

DOULEUR/PAIN; Front/forehead-235,249

DOULEUR/PAIN; Front/forehead; matinée, la/forenoon; agg./agg.-249

DOULEUR/PAIN; Front/forehead; gauche/left-235

+ sous rubrique

DOULEUR/PAIN; Front/forehead; gauche/left; centre, au, puis/center, at the, then-235

DOULEUR/PAIN; Occiput/occiput-223,239

DOULEUR/PAIN; Tempes/temples-220

DOULEUR/PAIN; Debout/standing; amél./amel.-228

DOULEUR/PAIN; Pression, sensation de/pressing-247,250

DOULEUR/PAIN; Pression, sensation de/pressing; étau, comme dans un/wise, as if in a; front/forehead-247

DOULEUR/PAIN; Pression, sensation de/pressing; front/forehead; droite, à/right-250

DOULEUR/PAIN; Pression, sensation de/pressing; marcher, marchant/walking; après, au grand air/after, in open air-250

DOULEUR/PAIN; Pression, sensation de/pressing; manger, mangeant/eating; amél./amel.-250

DOULEUR/PAIN; Sourde, engourdie, émoussée/dull-248

+ sous rubrique

DOULEUR/PAIN; Sourde, engourdie, émoussée/dull; front et occiput/forehead and occiput-248 (Y ajouter la sous sous rubrique : front et occiput droit/forehead and occiput, right)

DOULEUR/PAIN; Réveillant, en se/waking, on-225,227,228,232,237

+ sous rubrique

DOULEUR/PAIN; Réveillant, en se/waking, on; sieste, après une/nap, after-241

DOULEUR/PAIN; Miction/urination; amél./amel.; après/after; abondante/profuse-226

LOURDEUR, pesanteur/HEAVINESS; Matin, le/morning; réveillant, en se/waking, on-240

MOUVEMENTS/MOTIONS; De/of; latéralement, de côté/sideways-221

+ sous rubrique

MOUVEMENTS/MOTIONS; De/of; latéralement, de côté/sideways ; ballote, cerveau, sensation que le/tossing, brain is-221

TRANSPIRATION/PERSPIRATION-238

Yeux/Eyes

DOULEUR/PAIN; Os, orbites/bones, orbits-254

DOULEUR/PAIN; Céphalée/headache; pendant/during-242

DOULEUR/PAIN; Brûlante, mordante, cuisante/burning, smarting, biting-313

COULEUR/DISCOLORATION; Rougeur/redness; canthus, commissure/canthy-260

COULEUR/DISCOLORATION; Rougeur/redness; canthus, commissure/canthy; externe/outer-260

GONFLEMENT/SWELLING; Général, en/general; paupières/lids; inférieure/lower--255

OUVRE, ouvrant/OPEN, opening; Difficulté à les maintenir ouverts/hard to keep open-273

PROTRUSION/PROTRUSION; Général, en/general-91

PROTRUSION/PROTRUSION; Général, en/general; délire, pendant le/delirium, during-91

SACCADES, soubresauts/TWITCHING; Paupières/lids-265,272

SACCADES, soubresauts/TWITCHING; Paupières/lids; Droite, à/right-272
TOMBAIENT, comme s'ils/FALL out, as if-271

+ sous rubrique

TOMBAIENT, comme s'ils/FALL out, as if ; orbite, comme si on la creusait avec un instrument/orbits, as if it was digged with an instrument-271

TRESSAILLEMENT, tremblement/QUIVERING-267,268,269

TRESSAILLEMENT, tremblement/QUIVERING; Paupières/lids-267,268

TRESSAILLEMENT, tremblement/QUIVERING; Paupières/lids; inférieure-268

TRESSAILLEMENT, tremblement/QUIVERING; Paupières/lids; inférieure/lower; gauche/left-268

Vision/Vision

ACCOMMODATION/ACCOMMODATION; Défectueuse/defective-262

AIGUË/ACUTE; Couleurs/colors-31

+ sous rubrique

AIGUË/ACUTE; couleurs/colors ; jaune, vert clair, vert foncé/yellow, bright green, dark green-31

CÉCITÉ, difficulté à voir/DIM-266,274,276

CÉCITÉ, difficulté à voir/DIM ; Matin, le/morning, agg.-276

FAIBLE/WEAK-256,257

+ sous rubrique

FAIBLE/WEAK; Matin, le/morning, agg.-256,258

FAIBLE/WEAK; Soir, le, evening agg.-259

FLOTTEMENT de/SWIMMING of; Objets/objects-261

Nouvelle rubrique

INTENSE/INTENSE ; Couleurs des/colors, of-264

LUMIÈRE/LIGHT; Général, en/general-263,270

+ sous rubrique

LUMIÈRE/LIGHT; Général, en/general; gens, autour de/peoples, around-263

+ sous rubrique

LUMIÈRE/LIGHT; Général, en/general; halo lumineux autour du centre de vision/halo of light around the centre of vision-270

Oreilles/Ears

DOULEUR/PAIN; Gauche, à/left-277,279

DOULEUR/PAIN; Coup, comme par un/blow, as from-279

+ sous rubrique

DOULEUR/PAIN; Coup, comme par un/blow, as from ; gauche, à/left-279

DOULEUR/PAIN; Soudaine/sudden-277

Audition/Hearing

AUGMENTÉE/ACUTE-278

+ sous rubrique

AUGMENTÉE/ACUTE; insectes, bruit des/insects, noise of-278

BRUITS/NOISES; Sifflement aigu/whizzing-244

BRUITS/NOISES; Vapeur qui s'échappe, comme de la/steam escaping, like-251,280

DIMINUÉE/IMPAIRED-276

Nez/Nose

AIR/AIR; Froid, comme/cold, as if-281

CATARRHE/CATARRH; Général, en/general; choanes/nares, posterior, choanae-299

DOULEUR/PAIN; Sinus/sinuses; frontaux/frontal-280,282

+ sous rubrique

DOULEUR/PAIN; Sinus/sinuses; frontaux/frontal ; mouvement des yeux, agg./motion of eyes, agg.-282

+ sous rubrique

DOULEUR/PAIN; Sinus/sinuses; frontaux/frontal; symétriques/symetric-280

ÉCOULEMENT/DISCHARGE; Matinée, la/forenoon-294

ÉCOULEMENT/DISCHARGE; Vert/green-285

ÉRUPTIONS, interne/ERUPTIONS, internal; Croûteuses/crusty-292

ÉCOULEMENT/DISCHARGE; choanes/nares, posterior, choanae-236

+ sous rubrique

ÉCOULEMENT/DISCHARGE; choanes/nares, posterior, choanae ; Temps chaud, agg./warm weather, agg.-236

ÉPISTAXIS/EPISTAXIS; Général, en/general-288

ÉPISTAXIS/EPISTAXIS; Général, en/general; nuit, la/night-288

ÉRUPTIONS, interne/ERUPTIONS, internal; Boutons/pimples-587

ÉTERNUEMENTS, éternuant/SNEEZING; Général, en/general; poussière, par la/dust, from-293

INFLAMMATION/INFLAMMATION-319

INFLAMMATION/INFLAMMATION; Interne/internal-319

INFLAMMATION/INFLAMMATION; Interne/internal; narines/nostrils-284,319

INFLAMMATION/INFLAMMATION; Interne/internal; narines/nostrils;

bords/margins-319

LOURDEUR, pesanteur/HEAVINESS; Sinus/sinuses-291

OBSTRUCTION/OBSTRUCTION; Général, en/general-288,298

OBSTRUCTION/OBSTRUCTION; Général, en/general; matinée, la/forenoon-298

OBSTRUCTION/OBSTRUCTION; Général, en/general; nuit, la/night-288

OBSTRUCTION/OBSTRUCTION; Général, en/general; nuit, la/night; réveille, le/wakes him-288

OBSTRUCTION/OBSTRUCTION; Général, en/general; nuit, la/night; réveille, le/wakes him; quatre h./four am-288

Odorat/Smell

AIGU/ACUTE-286 ,287, 295,300,301,302,303

SENSIBILITÉ à l'odeur de/SENSITIVE to odor of; Fleurs/flowers-295

SENSIBILITÉ à l'odeur de/SENSITIVE to odor of; Parfums/perfumes-295

Nouvelle rubrique

SENSIBILITÉ à l'odeur de/SENSITIVE to odor of; Tilleuls/linden tree-295

SENSIBILITÉ à l'odeur de/SENSITIVE to odor of; Urine de chat/cat urine-300

Face/Face

CHALEUR/HEAT; Général, en/general-314

CHALEUR/HEAT; Général, en/general; bouffées de chaleur/flushes-305,309

CONGESTION/CONGESTION-316

ÉRUPTIONS/ERUPTIONS; Acné/acne-310

+ sous rubrique

ÉRUPTIONS/ERUPTIONS; Acné/acne ; boutons de pus, blancs/pimples, white pus-310

ÉRUPTIONS/ERUPTIONS; Acné/acne; menton/chin-310

ÉRUPTIONS/ERUPTIONS; Papulaires/papular-314

+ sous rubrique

ÉRUPTIONS/ERUPTIONS; Papulaires/papular; joues/cheeks; tempes et/temples, and-314

Nouvelle rubrique

EXPRESSION/EXPRESSION; Furieuse/raving-317

+ sous rubrique

EXPRESSION/EXPRESSION; Furieuse/raving; colère, pendant une/anger, during-317

INFLAMMATION/INFLAMMATION; Lèvres/lips-319

SACCADES, soubresauts/TWITCHING; Nez/nose; ailes/wings-289

TRANSPIRATION/PERSPIRATION-307

TRANSPIRATION/PERSPIRATION; Effort/exertion; moindre, par le/slightest, from-307

TRANSPIRATION/PERSPIRATION; Front/forehead-238

TREMBLEMENT/TREMBLING; Général, en/general; lèvres/lips-269,312

Bouche/Mouth

APHTES/APHTHAE-333,338

+ sous rubrique

APHTES/APHTHAE; joues, intérieur des/cheeks, inside-338

APHTES/APHTHAE; Langue/tongue; bords/edges-339

CHALEUR/HEAT-313,335

COULEUR/DISCOLORATION; Blanche/white; langue/tongue-335

DOULEUR/PAIN; Langue/tongue; devant, partie antérieure/front, anterior-321

DOULEUR/PAIN; Brûlé, comme/burnt, as if-321,326,328

DOULEUR/PAIN; Brûlé, comme/burnt, as if; langue/tongue-321,326

DOULEUR/PAIN; Brûlé, comme/burnt, as if; langue/tongue; antérieure/anterior-321

DOULEUR/PAIN; Brûlé, comme/burnt, as if; langue/tongue; extrémité, bout/tip-326

ÉRUPTIONS/ERUPTIONS; Général, en/general; boutons/pimples; langue/tongue-321

GONFLEMENT/SWELLING; Sensation de/sensation of; palais/palate-337

+ sous rubrique

GONFLEMENT/SWELLING; Sensation de/sensation of; palais/palate; douleur, en avalant, avec/pain, swallowing-337

GRAISSEUSE, sensation de bouche/greasy sensation-390

INFLAMMATION/INFLAMMATION; Langue, glossite/tongue, glossitis-325

Nouvelle rubrique

PLAIE/SOOR; Sensation de/sensation of; palais, à gauche/palate, left-320

RAIDEUR/STIFFNESS; Langue/tongue-327

RUGOSITÉ/ROUGHNESS; Langue/tongue-324

SALIVATION/SALIVATION; Général, en/general-329

SÉCHERESSE/DRYNESS; Général, en/general-330

Goût/Taste

ABSENCE/WANTING; Sans goût, les aliments sont/tastelessness of food-318

AMER/BITTER-331,332,334,336

AMER/BITTER; Manger, mangeant/eating; agg./agg.; pendant/during-331

+ sous rubrique

AMER/BITTER; Bouche, fond de la/mouth, back-33,336

AMER/BITTER; Langue/tongue; racine de/root of-332

AMER/BITTER; Palais, à l'arrière du/palate, in back of-331

BEURRE/BUTTER-340

PÂTEUX/PASTY-322,323,341,391

+ sous rubrique

PÂTEUX/PASTY; matin, au réveil/morning/waking, on-322,323

Gorge/Throat

AVALE, avalant/SWALLOWING; Impossibilité/impossible; étranglement, serrement, par/choking, from-343

CHATOUILLEMENT/TICKLING-346

CONSTRICTION, étranglement/CHOKING, constricting-343,344,345

CONSTRICTION, étranglement/CHOKING, constricting; Avale, avalant/swallow, swallowing; en/on; solides/solids-345

+ sous rubrique

CONSTRICTION, étranglement/CHOKING, constricting; Avale, avalant/swallow, swallowing; en/on; solides/solids ; cerises/cherries-345

CONSTRICTION, étranglement/CHOKING, constricting; Avale, avalant/swallow, swallowing; en/on; liquides/liquids-344

CONSTRICTION, étranglement/CHOKING, constricting; Avale, avalant/swallow, swallowing; en/on; salive/saliva-343

DOULEUR/PAIN; Avale, avalant/swallowing; en/while-342

DOULEUR/PAIN; Brûlante/burning; oesophage/esophagus-375

GONFLEMENT/SWELLING; Sensation de/sensation of-346,347,464

GONFLEMENT/SWELLING; Sensation de/sensation of; amygdales/tonsils-346,347,464

GONFLEMENT/SWELLING; Sensation de/sensation of; toux, avec la/cough, with-464

NAUSÉE/NAUSEA; Spasme dans la gorge, par/spasm in throat, from-345

SENSIBLE/SENSITIVE-348,349

Cou/External throat

DOULEUR/PAIN-350,351

+ sous rubrique

DOULEUR/PAIN; Côtés/sides; chaleur amél./warm, amel.-350
 DOULEUR/PAIN; Côtés/sides; droite, à/right-350,356
+ sous rubrique
 DOULEUR/PAIN; Côtés/sides; droite, à/right; tête penchée du côté gauche, amel/bending head on left side, amel-356
 DOULEUR/PAIN; Côtés/sides; gauche, à/left-352
 DOULEUR/PAIN; Côtés/sides; tournant la tête à/turning head to-350,351
 DOULEUR/PAIN; Côtés/sides; tournant la tête à/turning head to; côté douloureux/painful side-350
 DOULEUR/PAIN; Côtés/sides; chaleur amél./warm, amel.-352
 DOULEUR/PAIN; Tirillante, tirante/drawing; côtés/sides; irradiation vers/extending to; haut, vers le/upward-356
 PULSATION/PULSATION; Vaisseaux sanguins/bloodvessels; carotide/carotid-251
 RAIDEUR, côtés/STIFFNESS, sides-354
 RAIDEUR, côtés/STIFFNESS, sides; Gauche/left-354
 RAIDEUR, côtés/STIFFNESS, sides; Mouvement, agg. par le/motion agg.-354
 TORTICOLIS/TORTICOLLIS-350,351,356

Estomac/Stomach

AIGREURS d'estomac/HEARTBURN-364
 AIGREURS d'estomac/HEARTBURN; Après-midi, l'/afternoon-364
 APPÉTIT/APPETITE; Absent, anorexie/wanting-593
 APPÉTIT/APPETITE; Augmenté, faim en général/increased, hunger in general-358,370,562
 APPÉTIT/APPETITE; Augmenté, faim en général/increased, hunger in general; réveillant, en se/waking, on-358,562
 DILATATION, distension/DISTENSION; Général, en/general-384,401
 DILATATION, distension/DISTENSION; Général, en/general; Général, en/general; après-midi, l'/afternoon; dix sept h./five pm-384,401
 BRUITS/NOISES; Gargouillements, glouglous/gurgling-371,374
 BRUITS/NOISES; Gargouillements, glouglous/gurgling ; midi/noon-371
 DOULEUR/PAIN; Picotante, comme une douleur piquante rapide/pricking-377
 LOURDEUR, pesanteur/HEAVINESS-361,363,366,367,368
 LOURDEUR, pesanteur/HEAVINESS; Matin, le/morning-361
 LOURDEUR, pesanteur/HEAVINESS; Midi/noon; mangé, après avoir/eating, after-367,368
 LOURDEUR, pesanteur/HEAVINESS; Après-midi ; afternoon-363
+ sous rubrique
 LOURDEUR, pesanteur/HEAVINESS; Dîner, après le/dinner, after-366,368
+ sous rubrique
 LOURDEUR, pesanteur/HEAVINESS; Après-midi ; afternoon; mangeant le soir, amel/eating on evening, amel-363
 LOURDEUR, pesanteur/HEAVINESS; Digestion, pendant la/digestion, during-365,367,368
 NAUSÉE/NAUSEA-359,386,387
 NAUSÉE/NAUSEA; Matinée, la/forenoon-360,361,390
 NAUSÉE/NAUSEA; Après-midi, l'/afternoon-360
 NAUSÉE/NAUSEA; soir/evening-386

NAUSÉE/NAUSEA; soir/evening; vingt deux h./nine pm-386
 NAUSÉE/NAUSEA; Manger, mangeant/eating; amél./amel.; en/while-388
 NAUSÉE/NAUSEA; Manger, mangeant/eating; après/after; petite quantité/small amount-389
 PLÉNITUDE/FULLNESS-385
 PLÉNITUDE/FULLNESS; Soir, le/evening-385
 PLÉNITUDE/FULLNESS; Soir, le/evening; manger, mangeant/eating; en/while-385
 SOIF/THIRST-335,372,376,377,379,380,381,382
 SOIF/THIRST; Matinée, la/forenoon-379
 SOIF/THIRST; Après-midi, l'/afternoon-372,376,377,381
 TENSION/TENSION; Manger, mangeant/eating; avant/before-369
Nouvelle rubrique
 TROU/HOLE; Sensation, de/sensation, of-392
+ sous rubrique
 TROU/HOLE; Sensation, de/sensation, of; respiratoire, difficultés, avec/respiration/respiration; difficile, avec/difficult, with-392
 VIDE, sensation de faiblesse, défaillance, sensation de faim/EMPTINESS, weak feeling, faintness, goneness, hungry feeling-362,373
 VIDE, sensation de faiblesse, défaillance, sensation de faim/EMPTINESS, weak feeling, faintness, goneness, hungry feeling ; Après-midi/afternoon-373
 VIDE, sensation de faiblesse, défaillance, sensation de faim/EMPTINESS, weak feeling, faintness, goneness, hungry feeling ; Après-midi/afternoon; seize h./four pm-373
 VIDE, sensation de faiblesse, défaillance, sensation de faim/EMPTINESS, weak feeling, faintness, goneness, hungry feeling; Faim/hunger; sans/without-362
 VOMISSANT, vomissement/VOMITING; Général, en/general; toussant/coughing; en/on-464
 VOMISSANT, vomissement/VOMITING; Général, en/general; manger, mangeant/eating; après/after; immédiatement/immediately-383
 VOMISSANT, vomissement /VOMITING; Général, en/general; soudain/sudden-383

Abdomen/Abdomen

BRUITS/NOISES; Gargouillements, glouglous/gurgling-399
 CHALEUR/HEAT-534
 CHALEUR/HEAT; Fièvre, pendant la/fever, during-534
 CONSTRICTION/CONSTRICTION; Convulsive, spasmodique/convulsive, spasmodic-383
+ sous rubrique
 CONSTRICTION/CONSTRICTION; Convulsive, spasmodique/convulsive, spasmodic; vomissements, avant/vomiting, before-383
 DIARRHÉE/DIARRHEA; Imminente, sensation de diarrhée/set in, as if-424
 DILATATION, distension/DISTENSION; Général, en/general-400,404,408,410,411
 DILATATION, distension/DISTENSION; Général, en/general; matin, le/morning-410
 DILATATION, distension/DISTENSION; Général, en/general; soir/evening-409,411

DILATATION, distension/DISTENSION; Général, en/general;
douloureuse/painful-400
DOULEUR/PAIN; Matin, le/morning; mangé, après avoir/eating, after-407
DOULEUR/PAIN; Allongé/lying; amél./amel.; abdomen, sur l'/abdomen, on-407
DOULEUR/PAIN; Marcher, marchant/walking; agg./agg.-407
DOULEUR/PAIN; Penchant, se, baissant, se/stooping; agg./agg.-368
DOULEUR/PAIN; Pinçante/pinching-368
DOULEUR/PAIN; Pinçante/pinching; inguinale, région/inguinal region-368
DOULEUR/PAIN; Pinçante/pinching; inguinale, région/inguinal region; iliaque, région/iliac region-368
DOULEUR/PAIN; Pinçante/pinching; hypochondre/hypochondria-368
DOULEUR/PAIN; Pinçante/pinching; hypochondre/hypochondria; droite, à/right-368
DOULEUR/PAIN; Poignard, comme un coup de/stabbing-402
DOULEUR/PAIN; Poignard, comme un coup de/stabbing ;
hypochondre/hypochondria ; droite, à/right-402
DOULEUR/PAIN; Pression/pressure; agg./agg.-397
DOULEUR/PAIN; Toucher/touch; agg./agg.-397
DOULEUR/PAIN; Inguinale, région/inguinal region; iliaque, région/iliac region-368
DOULEUR/PAIN; Inguinale, région/inguinal region; iliaque, région/iliac region; droite, à/right-368
DOULEUR/PAIN; Ombilic/umbilicus-393,397,398
DOULEUR/PAIN; Ombilic/umbilicus; matin, le/morning-393
DOULEUR/PAIN; Ombilic/umbilicus; région de/region of-398
+ sous rubrique
DOULEUR/PAIN; Ombilic/umbilicus; région de/region of; ski, randonnée à, pendant une/ski trek, during a-398
DOULEUR/PAIN; Ombilic/umbilicus; région de/region of; au-dessus/above-393
DOULEUR/PAIN; Selle/stool; avant/before-413
DOULEUR/PAIN; Intestins/bowels; colon/colon; ascendant/ascendens-396
+ sous rubrique
DOULEUR/PAIN; Intestins/bowels; colon/colon; ascendant/ascendens ; selle, avant la/stool, before-396
DOULEUR/PAIN; Crampoïde, étreinte/cramping, griping-394,408
DOULEUR/PAIN; Crampoïde, étreinte/cramping, griping; colon/colon-394
+ sous rubrique
DOULEUR/PAIN; Crampoïde, étreinte/cramping, griping; colon/colon; angle gauche-394
GONFLEMENT/SWELLING-397
GONFLEMENT/SWELLING; douloureux/painful-397
HERNIE/HERNIA; Général, en/general; ombilic/umbilicus-395
SENSIBLE, meurtri/SENSITIVE, tenderness-403,404,405,406
TENSION/TENSION-408

Rectum/Rectum

BESOIN, désir/URGING, desire; Général, en/general; petit déjeuner/breakfast; pendant/during-417
BESOIN, désir/URGING, desire; Général, en/general; matin, le/morning-420

+ sous rubrique

BESOIN, désir/URGING, desire; Général, en/general; matin, le/morning ; lever, au/rising, on-420

BESOIN, désir/URGING, desire; Général, en/general; soudain/sudden-432

CONSTIPATION/CONSTIPATION; Insuffisantes, incomplètes, insatisfaisantes, selles/insufficient, incomplete, unsatisfactory stools-422,430,439,440

DIARRHÉE/DIARRHEA; Général, en/general-425

DOULEUR/PAIN; Brûlante/burning; hémorroïdes, avec des/hemorrhoids, with-442

DOULEUR/PAIN; Coupante, couteau, en coup de/cutting; selle/stool; pendant/during-415

FAIBLESSE, fatigue/WEAKNESS, weariness; Périnée/perineum-452

FISSURES/FISSURES; Général, en/general-415

GRAVIER ou sable dans, sensation de/GRAVEL or sand in, sensation as if-418,419

+ sous rubrique

GRAVIER ou sable dans, sensation de/GRAVEL or sand in, sensation as if; voiture, en/car, in-418,419

HÉMORRAGIE/HEMORRHAGE; Anus, de l'/anus, from-444

HÉMORROÏDES/HEMORRHOIDS-442

PETS, gaz/FLATUS; Général, en/general-401,436

PETS, gaz/FLATUS; Général, en/general; difficiles/difficult-401

PICOTEMENTS, fourmillements, sensation de piqûres/TINGLING, prickling-418,419

+ sous rubrique

PICOTEMENTS, fourmillements, sensation de piqûres/TINGLING, prickling; voiture, en/car, in-418,419

Selles/Stools

ABONDANTE/PROFUSE-429

AQUEUSE/WATERY-412,426

AQUEUSE/WATERY; abondante/profuse-412

COULEUR/COLOR; Blanche/white-441

+ sous rubrique

COULEUR/COLOR; Blanche/white; gras ou riche, après aliment/fat or rich food, after-441

DURE/HARD-430,431

+ sous rubrique

DURE/HARD ; nuit, la/night, during the-431

FICELLES, cordes, filaments, contenant des/THREADS, containing-427

FORCE, soudainement, en jets, avec/FORCIBLE, sudden, gushing-432

FRÉQUENTE/FREQUENT-423,433,435,437

MANGER, mangeant/EATING; Agg./agg.; après/after-413

MOLLES/SOFT; Matin, le/morning-421,428,433,438

+ sous rubrique

MOLLES/SOFT; Matin, le/morning ; lever, et après petit-déjeuner, au/rising, and after breakfast, on-421

ODEUR/ODOR; Nauséabonde/offensive-428,429

Vessie/Bladder

BESOIN d'uriner, désir morbide/URGING to urinate, morbid desire; Matin, le/morning; tôt, de bonne heure/early-445,446,447

BESOIN d'uriner, désir morbide/URGING to urinate, morbid desire; Matin, le/morning; tôt, de bonne heure/early; mais se rendort/but goes back to sleep-445
CHALEUR dans/HEAT in-447

Rein/Kydneyes

DOULEUR/PAIN; Pression, sensation de/pressing-448

Urètre/Urethra

DOULEUR/PAIN; Brûlante/burning-449

+ sous rubrique

DOULEUR/PAIN; Brûlante/burning; bière, après une/beer, after a-449

DOULEUR/PAIN; Brûlante/burning; miction/urination; après/after-450

DOULEUR/PAIN; Brûlante/burning; miction/urination; après/after; voyage, sans boire, après un/travel, without drinking, after-450

DOULEUR/PAIN; Brûlante/burning; pression, amél. Par la/pressure amel-449

Génital masculin/Male

DOULEUR/PAIN; Testicules/testes-451

DOULEUR/PAIN; Testicules/testes ; scrotum, irradiant à tout le/scrotum, extending to all the-451

DOULEUR/PAIN; Testicules/testes; gauche/left-451

Génital féminin/Female

DOULEUR/PAIN; Ovaires/ovaries; droite, à/right-457

+ sous rubrique

DOULEUR/PAIN; Ovaires/ovaries; droite, à/right ; réveil, au/rising, on-457

DOULEUR/PAIN; Tirillante, tirante/drawing-456

DOULEUR/PAIN; Irradiant, cuisses, vers les/extending, thighs, to-456

DOULEUR (s, 480, 1488-8590)/PAIN; Bearing down, pression vers le bas/bearing down-456

DOULEUR (s, 480, 1488-8590)/PAIN; Bearing down, pression vers le bas/bearing down; utérus, et la région de l'/uterus, and region of-45

DOULEUR (s, 480, 1488-8590)/PAIN; Bearing down, pression vers le bas/bearing down; utérus, et la région de l'/uterus, and region of; irradiant dans les cuisses/extending into thighs-456

LEUCORRHÉE/LEUCORRHEA; Rose/pink-452,453

PRURIT/ITCHING; Vagin/vagina-454

+ sous rubrique

PRURIT/ITCHING; Vagin/vagina; réveil, au/rising, on-454

Nouvelle rubrique

PRURIT/ITCHING ; pubis/pubes-459

+ sous rubrique

PRURIT/ITCHING ; pubis/pubes ; nuit, la/night, at-459

RÈGLES/MENSES; Abondantes/profuse-458

RÈGLES/MENSES; Fluides, liquides/thin-458

SEXUEL, sexuelle/SEXUAL; Désir/desire; augmenté/increased-455

Larynx-Trachée/Larynx-Trachea

Parole-Voix/Speech-Voice

PAROLE/SPEECH; Absence/wanting; convulsions, spasmes/convulsions, spasms;
gorge, dans et en provenance de la/throat, in, from-343

VOIX/VOICE; Enrouée, voilée/husky-460

Respiration/Respiration

ARRÊTÉE/ARRESTED; Général, en/general-343

ARRÊTÉE/ARRESTED; Général, en/general; constriction de/constriction of;
gorge, de la/throat, of-343,345

DIFFICILE/DIFFICULT-461

+ sous rubrique

DIFFICILE/DIFFICULT; douleur, pendant une/pain, during-461

Nouvelle rubrique

DIFFICILE/DIFFICULT; Vapeurs chaudes, comme s'il avait inhalé des/warm
vapors, fumes, warm as if he inhaled-297

+ sous rubrique

DIFFICILE/DIFFICULT; Vapeurs chaudes, comme s'il avait inhalé des/warm
vapors, fumes, warm as if he inhaled ; air, amél. au grand/air, open, amel.-297

Toux/Cough

AIGREURS, par/HEARTBURN, from-464

CHATOUILLEMENT, par/TICKLING, from; Larynx, dans le/larynx, in-462

CONSTRUCTION, par/CONSTRUCTION, by; Gorge, de la/throat, of-344,345

COURTE/SHORT-465

+ sous rubrique

COURTE/SHORT; Chatouillement dans la gorge, par/tickling in throat, from-465

FLUIDES/FLUIDS; Fausse route, comme ayant fait/wrong way, as if gone-343

IMPOSSIBILITÉ de/INABILITY to-343

+ sous rubrique

IMPOSSIBILITÉ de/INABILITY to; étranglement, serrement de la gorge
par/choking in the throat, from-343

SÈCHE/DRY-346,462,463

SÈCHE/DRY; Chatouillement dans/tickling in; larynx, dans le/larynx, from-462

Expectoration/Expectoration

Thorax/Chest

CHAGRIN/ CHALEUR/HEAT; Bouffées/flushes-477

CHALEUR/HEAT-313

DOULEUR/PAIN; Supérieure/upper-471

DOULEUR/PAIN; Seins/mammae; région du/region of; au-dessous/below; gauche/left-466

DOULEUR/PAIN; Constrictive/constricting-466

+ sous rubrique

DOULEUR/PAIN; Constrictive/constricting; sein gauche, sous le/mammae, left, below the-466

DOULEUR/PAIN; Ecrasante, broyante/crushing

+ sous rubrique

DOULEUR/PAIN; Ecrasante, broyante/crushing; réveil, au/rising, on-470

DOULEUR/PAIN; Pinçante/pinching; seins/mammae-468

+ sous rubrique

DOULEUR/PAIN; Pinçante/pinching; seins/mammae ; gauche, sous le/left, below the-468

DOULEUR/PAIN; Piquante, comme par des aiguilles/stitching-478

Nouvelle rubrique

DOULEUR/PAIN; Planté, transpercé, comme/sticking-471

+ sous rubrique

DOULEUR/PAIN; Planté, transpercé, comme/sticking; avant en arrière, d'/to and fro-471

+ sous rubrique

DOULEUR/PAIN; Planté, transpercé, comme/sticking; cloué comme un insecte/pinned like a bug-471

DOULEUR/PAIN; Tirillante, tirante/drawing; seins/mammae-467

+ sous rubrique

DOULEUR/PAIN; Tirillante, tirante/drawing; seins/mammae; droit, aisselle, entre le, et l'/right, axilla, between, and -467

FRILOSITÉ, sensation de froid/CHILLINESS-576,577

LOURDEUR, pesanteur/HEAVINESS-472,475,476

LOURDEUR, pesanteur/HEAVINESS; mouvement, amél./motion amel.-472,473

LOURDEUR, pesanteur/HEAVINESS; sternum/sternum-472

LOURDEUR, pesanteur/HEAVINESS; sternum/sternum ; réveil, au/rising, on-472

MORCEAU, bloc, masse, sensation de/LUMP sensation-37

Cœur et circulation/Heart & circulation

Nouvelle rubrique

POULS/PULSE; Accéléré, rapide, incomptable/frequent, accelerated, elevated, exalted, fast, innumerable, rapid-479

+ sous rubrique

POULS/PULSE; Accéléré, rapide, incomptable/frequent, accelerated, elevated, exalted, fast, innumerable, rapid ; sensation, pouls normal, avec/sensation, pulse, normal, with-479

VIBRATION/VIBRATION; Coeur, région du/heart region-480

Dos/Back

CONTRACTION/CONTRACTION; Cervicale, région, muscles/cervical region, muscles-355

CRAMPES/CRAMPS-543

DOULEUR/PAIN; Colonne vertébrale/spine-544

DOULEUR/PAIN; Irradiation vers/extending to; axillaire, creux/axilla, to-485

DOULEUR/PAIN; Cervicale, région/cervical region-357,481,490

+ sous rubrique

DOULEUR/PAIN; Cervicale, région/cervical region; nuit, la/night-353

Nouvelle rubrique

DOULEUR/PAIN; Cervicale, région/cervical region; muscles/muscles; trapèze/occiput; irradiation vers/extending to; occiput/neck-481

Nouvelle rubrique

DOULEUR/PAIN; Dorsale, région/dorsal region; irradiation vers/extending to; axillaire, creux/axilla, to-485

+ sous rubrique

DOULEUR/PAIN; Dorsale, région/dorsal region; irradiation vers/extending to; axillaire, creux/axilla, to ; levant le bras et tournant agg./raising arm and turning agg.-485

DOULEUR/PAIN; Dorsale, région/dorsal region; omoplates/scapulae-491

DOULEUR/PAIN; Dorsale, région/dorsal region; omoplates/scapulae ; gauche/left-491

DOULEUR/PAIN; Sacrée, région/sacral region-488,489

DOULEUR/PAIN; Brûlante/burning; dorsale, région/dorsal region; omoplates/scapulae-482

DOULEUR/PAIN; Brûlante/burning; dorsale, région/dorsal region; omoplates/scapulae; gauche/left-482

DOULEUR/PAIN; Intermittente/intermittent-489

+ sous rubrique

DOULEUR/PAIN; Intermittente/intermittent; Sacrée, région/sacral region-489

DOULEUR/PAIN; Piquante, comme par des aiguilles, élançante/stitching, shooting; sacrée, région/sacral region-488

FRISSONNEMENT/SHUDDERING-576

OPPRESSION entre les omoplates/OPPRESSION between scapulae-487

PENCHANT, se courbant, se/BENDING-616

TENSION/TENSION; Dorsale, région/dorsal region; omoplates/scapulae-484

TENSION/TENSION; Dorsale, région/dorsal region; omoplates/scapulae ; droite/right-484

TENSION/TENSION; Lombaire, région/lumbar region-483

+ sous rubrique

TENSION/TENSION; Lombaire, région/lumbar region ; matin, lever, au, agg./morning, rising agg.-483

DOULEUR/PAIN; Toussant, en/coughing, when-464

TREMBLEMENT/TREMBLING-486

+ sous rubrique

TREMBLEMENT/TREMBLING; trapèze gauche/trapezius, left-486

TREMBLEMENT/TREMBLING; trapèze gauche/trapezius, left; réveil, au/morning, on-486

Extrémités/Extremities

AGITATION, nervosité/RESTLESSNESS-549

AGITATION, nervosité/RESTLESSNESS; Membres inférieurs/lower limbs; pieds/feet-549

AGITATION, nervosité/RESTLESSNESS; Membres inférieurs/lower limbs; pieds/feet; nuit, la/night, at-549

AGITATION, nervosité/RESTLESSNESS; Membres inférieurs/lower limbs; pieds/feet; assis/sitting-549

CHAIR de poule/GOOSE flesh; Membres supérieurs/upper limbs; avant-bras/forearms-625

CHALEUR/HEAT; Général, en/general-534

CHALEUR/HEAT; Général, en/general; membres supérieurs/upper limbs-534

CHALEUR/HEAT; Général, en/general; membres supérieurs/upper limbs; mains/hands-534,545

CHALEUR/HEAT; Général, en/general; membres supérieurs/upper limbs; mains/hands; fièvre, pendant la/fever, during-534

CHALEUR/HEAT; Général, en/general; membres inférieurs/lower limbs-538

CHALEUR/HEAT; Général, en/general; membres inférieurs/lower limbs ; cuisses/thighs-538

CHALEUR/HEAT; Général, en/general; membres inférieurs/lower limbs ; cuisses/thighs; nuit, la/night, at-538

COULEUR/DISCOLORATION; Foncée, couleur/dark colored-584

COULEUR/DISCOLORATION; Foncée, couleur/dark colored ; doigts/fingers-584

COULEUR/DISCOLORATION; Rouge/redness-624

COULEUR/DISCOLORATION; Rouge/redness; membres supérieurs/upper limbs-624

COULEUR/DISCOLORATION; Rouge/redness; membres supérieurs/upper limbs; mains/hands-624

COULEUR/DISCOLORATION; Rouge/redness; membres supérieurs/upper limbs; mains/hands; paumes/palms-624

+ sous rubrique

COULEUR/DISCOLORATION; Rouge/redness; membres supérieurs/upper limbs; mains/hands; paumes/palms ; entre pouce et index, symétrique-540,542,624

CRAMPES/CRAMPS-495,517,518,519

CRAMPES/CRAMPS; Membres supérieurs/upper limbs-519

CRAMPES/CRAMPS; Membres supérieurs/upper limbs; mains/hands-519

CRAMPES/CRAMPS; Membres supérieurs/upper limbs; doigts/fingers-519

CRAMPES/CRAMPS; Membres supérieurs/upper limbs; doigts/fingers; premier, pouce/first, thumb -519

+ sous rubrique

CRAMPES/CRAMPS; Membres supérieurs/upper limbs; doigts/fingers; premier, pouce/first, thumb ; serrant quelque chose, en/gripping something-519

CRAMPES/CRAMPS; Membres inférieurs/lower limbs-495,522

CRAMPES/CRAMPS; Membres inférieurs/lower limbs; jambes/legs-495,543

CRAMPES/CRAMPS; Membres inférieurs/lower limbs; jambes/legs; mollets/calves-495,543

CRAMPES/CRAMPS; Membres inférieurs/lower limbs; jambes/legs; mollets/calves ; nuit, la/night-527

CRAMPES/CRAMPS; Membres inférieurs/lower limbs; jambes/legs; mollets/calves; étirant, en s'/stretching-517,518
CRAMPES/CRAMPS; Membres inférieurs/lower limbs; jambes/legs; mollets/calves; étirant, en s'/stretching; réveillant, en se/waking, on-517
CRAMPES/CRAMPS; Membres inférieurs/lower limbs; jambes/legs; mollets/calves ; réveillant, en se/waking, on-522
CRAMPES/CRAMPS; Membres inférieurs/lower limbs; jambes/legs; pieds/feet; plantes/soles-514
CRAMPES/CRAMPS; Membres inférieurs/lower limbs; orteils/toes-539,543
CRAMPES/CRAMPS; Membres inférieurs/lower limbs; orteils/toes; droite, à/right, at-539

DÉCOUVRIR, tendance à/UNCOVER, inclination to-596,549
DÉCOUVRIR, tendance à/UNCOVER, inclination to, inclination to; Membres supérieurs/upper limbs-596
DÉCOUVRIR, tendance à/UNCOVER, inclination to, inclination to; Membres inférieurs/lower limbs-596,549
DÉCOUVRIR, tendance à/UNCOVER, inclination to, inclination to; Membres inférieurs/lower limbs; pieds/feet,549
DOULEUR/PAIN-492,497
DOULEUR/PAIN; Articulations/joints-544
DOULEUR/PAIN; Membres supérieurs/upper limbs; épaules/shoulders-501
DOULEUR/PAIN; Membres supérieurs/upper limbs; épaules/shoulders ; mouvement/motion ; agg./agg.-501
+ sous rubrique
DOULEUR/PAIN; Membres supérieurs/upper limbs; épaules/shoulders ; repos/rest ; amél./amel.-501
DOULEUR/PAIN; Membres supérieurs/upper limbs; poignets/wrists-501,526
DOULEUR/PAIN; Membres supérieurs/upper limbs; poignets/wrists; mouvement/motion; agg./agg.-501,526
DOULEUR/PAIN; Membres supérieurs/upper limbs; poignets/wrists; repos/rest; amél./amel.-501
DOULEUR/PAIN; Membres inférieurs/lower limbs-492,504,512,515,516
DOULEUR/PAIN; Membres inférieurs/lower limbs; hanches/hips-492,520,521
DOULEUR/PAIN; Membres inférieurs/lower limbs; hanches/hips; levant, se, agg./rising agg.-520
DOULEUR/PAIN; Membres inférieurs/lower limbs; hanches/hips; levant, se, agg./rising agg.; assise, de la position/sitting,from-520
DOULEUR/PAIN; Membres inférieurs/lower limbs; hanches/hips; mouvement/motion ; agg./agg.; commençant à/ beginning to, on en-520
DOULEUR/PAIN; Membres inférieurs/lower limbs; hanches/hips; marcher, marchant/walking-521
DOULEUR/PAIN; Membres inférieurs/lower limbs; hanches/hips; rotation de la jambe vers l'intérieur, à la/rotating the leg inward,on-492,521
+ sous rubrique
DOULEUR/PAIN; Membres inférieurs/lower limbs; hanches/hips; rotation de la jambe vers l'intérieur, à la/rotating the leg inward,on ; blocage avec/blocking-492
DOULEUR/PAIN; Membres inférieurs/lower limbs; cuisses/thighs-546,547
DOULEUR/PAIN; Membres inférieurs/lower limbs; cuisses/thighs ; droite/right-546,547

DOULEUR/PAIN; Membres inférieurs/lower limbs; cuisses/thighs; étirant les membres, en/stretching limbs; agg./agg.-546

DOULEUR/PAIN; Membres inférieurs/lower limbs; cuisses/thighs; fer, tige de, comme une/metal rod, like a-547

DOULEUR/PAIN; Membres inférieurs/lower limbs; cuisses/thighs; montant les escaliers, agg. en/ascending stairs agg.-547

DOULEUR/PAIN; Membres inférieurs/lower limbs; genoux/knees-507,512,515

DOULEUR/PAIN; Membres inférieurs/lower limbs; genoux/knees; montant les escaliers/ascending stairs on-507

+ sous rubrique

DOULEUR/PAIN; Membres inférieurs/lower limbs; genoux/knees; voiture, sortant de/car, going out-515

DOULEUR/PAIN; Membres inférieurs/lower limbs; genoux/knees; creux poplité/hollow of-512

+ sous rubrique

DOULEUR/PAIN; Membres inférieurs/lower limbs; genoux/knees; creux poplité/hollow of ; marche amel/walking amel-512

DOULEUR/PAIN; Membres inférieurs/lower limbs; genoux/knees; creux poplité/hollow of ; étirement/stretching amel-512

DOULEUR/PAIN; Membres inférieurs/lower limbs ; jambes/legs-492,504,508

DOULEUR/PAIN; Membres inférieurs/lower limbs ; jambes/legs; tendons/tendo achillis-508

DOULEUR/PAIN; Membres inférieurs/lower limbs ; jambes/legs; tendons/tendo achillis; droit /right-508

DOULEUR/PAIN; Membres inférieurs/lower limbs ; jambes/legs; mollets/calves-492,504,510

DOULEUR/PAIN; Membres inférieurs/lower limbs ; jambes/legs; mollets/calves; droit/right-510

DOULEUR/PAIN; Membres inférieurs/lower limbs; chevilles/ankles-516,520

DOULEUR/PAIN; Membres inférieurs/lower limbs; chevilles/ankles; courant, en/running while-516

DOULEUR/PAIN; Membres inférieurs/lower limbs; chevilles/ankles; marchant/walking-520

DOULEUR/PAIN; Membres inférieurs/lower limbs; pieds/feet; talons/heels-548

DOULEUR/PAIN; Membres inférieurs/lower limbs; pieds/feet; talons/heels; marchant/walking-548

DOULEUR/PAIN; Erratique, changeant de place wandering, shifting-497

DOULEUR/PAIN; Erratique, changeant de place wandering, shifting; membres supérieurs/upper limbs-497

DOULEUR/PAIN; Erratique, changeant de place wandering, shifting; membres supérieurs/upper limbs ; coudes/elbows-497

DOULEUR/PAIN; Erratique, changeant de place wandering, shifting ; membres inférieurs/lower limbs-497

DOULEUR/PAIN; Erratique, changeant de place wandering, shifting ; membres inférieurs/lower limbs; hanches/hips-497

DOULEUR/PAIN; Erratique, changeant de place wandering, shifting ; membres inférieurs/lower limbs; genoux/knees-497

DOULEUR/PAIN; Erratique, changeant de place wandering, shifting ; membres inférieurs/lower limbs; jambes/legs-511

DOULEUR/PAIN; Erratique, changeant de place wandering, shifting ; membres inférieurs/lower limbs; chevilles/ankles-511

DOULEUR/PAIN; Meurtrissure, contusion, comme un bleu/sore, bruised-500

DOULEUR/PAIN; Meurtrissure, contusion, comme un bleu/sore, bruised ; épaules/shoulders-500

DOULEUR/PAIN; Sourde, engourdie, émoussée/dull-509

DOULEUR/PAIN; Sourde, engourdie, émoussée/dull; membres inférieurs/lower limbs; jambes/legs-509

+ sous rubrique

DOULEUR/PAIN; Symétriques/symmetric-492,497

ÉRUPTIONS/ERUPTIONS; Boutons/pimples-585,586,587

ÉRUPTIONS/ERUPTIONS; Boutons/pimples; Membres supérieurs/upper limbs-585

ÉRUPTIONS/ERUPTIONS; Boutons/pimples; Membres supérieurs/upper limbs ; avant-bras/forearm-585

ÉRUPTIONS/ERUPTIONS; Boutons/pimples; Membres supérieurs/upper limbs ; mains/hands-587

ÉRUPTIONS/ERUPTIONS; Boutons/pimples; Membres inférieurs/lower limbs-586,587

ÉRUPTIONS/ERUPTIONS; Boutons/pimples; membres inférieurs/lower limbs; fesses/buttocks, nates; entre/between-587

ÉRUPTIONS/ERUPTIONS; Boutons/pimples; Membres inférieurs/lower limbs ; pieds/feet-586,587

ÉRUPTIONS/ERUPTIONS; Boutons/pimples; Membres inférieurs/lower limbs ; pieds/feet ; gauche/left-586

ÉRUPTIONS/ERUPTIONS; Desquamantes/desquamating-583

ÉRUPTIONS/ERUPTIONS; Desquamantes/desquamating; Membres supérieurs/upper limbs-583

ÉRUPTIONS/ERUPTIONS; Desquamantes/desquamating ; Membres supérieurs/upper limbs ; doigts/fingers-583

ÉRUPTIONS/ERUPTIONS; Desquamantes/desquamating ; Membres supérieurs/upper limbs ; doigts/fingers ; bords, avec fissures,sur les/edges, with cracks, on the-583

EXCORIATION/EXCORIATION-588

+ sous rubrique

EXCORIATION/EXCORIATION ; Membres inférieurs/low limbs-588

+ sous sous rubrique

EXCORIATION/EXCORIATION/Membres inférieurs/low limbs ; cuisse, haut, en/thigh,up-588

FAIBLESSE/WEAKNESS; Membres inférieurs/lower limbs-218,502

+ sous rubrique

FAIBLESSE/WEAKNESS; Membres inférieurs/lower limbs ; petit-déjeuner, après le, amel./breakfast, after, amel.-502

+ sous rubrique

FAIBLESSE/WEAKNESS; Membres inférieurs/lower limbs ; jambe lâche, sensation que la/leg give way, sensation of-218

FAIBLESSE/WEAKNESS; Membres inférieurs/lower limbs; marcher, marchant/walking; amél./amel-505

FOURMILLEMENT, reptation, sensation de/FORMICATION, crawling-503
FOURMILLEMENT, reptation, sensation de/FORMICATION, crawling ;
membres inférieur/lower limbs-503
FOURMILLEMENT, reptation, sensation de/FORMICATION, crawling ;
membres inférieur/lower limbs ; pieds/feet-503,508
FOURMILLEMENT, reptation, sensation de/FORMICATION, crawling ;
membres inférieur/lower limbs ; pieds/feet ; assis,agg./sitting agg.-506
FRILOSITÉ, sensation de froid/CHILLINESS-496,576
FRILOSITÉ, sensation de froid/CHILLINESS ; Membres supérieurs/upper limbs-
576
FRILOSITÉ, sensation de froid/CHILLINESS ; Membres supérieurs/upper limbs;
bras/arms-576
FRILOSITÉ, sensation de froid/CHILLINESS; Membres inférieurs/lower limbs-
496
FRILOSITÉ, sensation de froid/CHILLINESS; Membres inférieurs/lower limbs;
pieds/feet-496

LOURDEUR, fatigue des membres/HEAVINESS, tired limbs-529,530,531

LOURDEUR, fatigue des membres/HEAVINESS, tired limbs; membres
supérieurs/upper limbs-529,530,531

LOURDEUR, fatigue des membres/HEAVINESS, tired limbs; membres
supérieurs/upper limbs; bras/upper arms-529,530,531

+ sous rubrique

LOURDEUR, fatigue des membres/HEAVINESS, tired limbs; membres
supérieurs/upper limbs; bras/upper arms; réveillant, en se/waking, on-529,530,531

+ sous rubrique

LOURDEUR, fatigue des membres/HEAVINESS, tired limbs; membres
supérieurs/upper limbs; bras/upper arms ; allongé, étant, assis amel/lying, while,
sitting amel-529

PRURIT/ITCHING-624

PRURIT/ITCHING; Membres supérieurs/upper limbs-624

PRURIT/ITCHING; Membres supérieurs/upper limbs; mains/hands-624

PRURIT/ITCHING; Membres supérieurs/upper limbs; mains/hands ;
paumes/palms-624

+ sous rubrique

PRURIT/ITCHING; Membres supérieurs/upper limbs; mains/hands ;
paumes/palms ; entre pouce et index, symétrique-540,542,624

PRURIT/ITCHING; Membres supérieurs/upper limbs; doigts/fingers-536

PRURIT/ITCHING; Membres supérieurs/upper limbs; doigts/fingers; cinquième,
petit doigt, auriculaire/fifth, little-536

RAIDEUR/STIFFNESS; Général, en/general; membres supérieurs/upper limbs498

RAIDEUR/STIFFNESS; Général, en/general; membres supérieurs/upper limbs;
épaules/shoulders-498

+ sous rubrique

RAIDEUR/STIFFNESS; Général, en/general; membres supérieurs/upper limbs;
épaules/shoulders ; mouvement, amélioré par/

RAIDEUR/STIFFNESS; Général, en/general; membres supérieurs/upper limbs ;
coudes/elbows-498

RAIDEUR/STIFFNESS; Général, en/general; membres inférieurs/lower limbs; genoux/knees-515

+ sous rubrique

RAIDEUR/STIFFNESS; Général, en/general; membres inférieurs/lower limbs; genoux/knees ; voiture, sortant de/going out-515

RAIDEUR/STIFFNESS; Général, en/general; membres inférieurs/lower limbs; jambes/legs-525

RAIDEUR/STIFFNESS; Général, en/general; membres inférieurs/lower limbs; jambes/legs ; matin, levant, en se/morning, rising, on-525

SECOUSSES, saccades/JERKING-535

SECOUSSES, saccades/JERKING; Sommeil/sleep; agg./agg.; endormant, en s/falling asleep, on-535

TENSION/TENSION-523,524

TENSION/TENSION; membres inférieurs/lower limbs; cuisses/thighs-523,528,533

TENSION/TENSION; membres inférieurs/lower limbs; cuisses/thighs; devant, partie antérieure/front, anterior-523,528,533

TENSION/TENSION; Membres inférieurs/lower limbs; cuisses/thighs; assis, étant/sitting, while; agg./agg.-528

TENSION/TENSION; membres inférieurs/lower limbs; jambes/legs; mollets/calves-524

+ sous rubrique

TENSION/TENSION; membres inférieurs/lower limbs; jambes/legs; mollets/calves; supérieur/upper-524

TREMBLEMENT/TREMBLING; Général, en

Nouvelle rubrique

TREMBLEMENT/TREMBLING; Général, en ; muscles, trémulation/muscles, tremor-493,494

+ sous rubrique

TREMBLEMENT/TREMBLING; Général, en ; muscles, trémulation/muscles, tremor ; membres supérieurs/upper limbs ; Mains-493,494,513

+ sous rubrique

TREMBLEMENT/TREMBLING; Général, en ; muscles, trémulation/muscles, tremor ; membres inférieurs/lower limbs ; tibia-493,494

Sommeil/Sleep

AGITÉ (s, 488, 88-407)/RESTLESS-566

Sommeil/Sleep; S (SYMPTÔMES SPÉCIFIQUES) (s, 2343-22633)/P (PHENOMENA); BÂILLEMENT, bâillant/YAWNING; Général, en/general-557

BÂILLEMENT, bâillant/YAWNING; Général, en/general; étirement, avec/stretching, with-557

BESOIN de sommeil/NEED of sleep; Grand/great-607

INSOMNIE/SLEEPLESSNESS; Général, en/general; minuit/midnight; après/after-60,565

INSOMNIE/SLEEPLESSNESS; Général, en/general; minuit/midnight; quatre h./four am; à /at-565

INSOMNIE/SLEEPLESSNESS; Général, en/general; minuit/midnight; après/after; quatre h./four am; à /at-60,559

INSOMNIE/SLEEPLESSNESS; Général, en/general; pensées, par des/thoughts, from-60

LOURD/HEAVY-605

+ sous rubrique

LOURD/HEAVY ; sieste, pendant la/nap, during-560

PERTURBÉ/DISTURBED; Douleurs, par des/pains, by-564

PERTURBÉ/DISTURBED; Douleurs, par des/pains, by; estomac, dans l'/stomach, in-564

RÉVEIL, réveiller, se/WAKING-555,568,572,573,574

+ sous rubrique

RÉVEIL, réveiller, se/WAKING; Allongé/lying ; abdomen, sur l'/abdomen, on-572,573

RÉVEIL, réveiller, se/WAKING; Bruit/noise-568

+ sous rubrique

RÉVEIL, réveiller, se/WAKING; Bruit/noise; chats et souris de/cats and mouses-568

RÉVEIL, réveiller, se/WAKING; Chaleur, par et avec la/heat, from and with-555,574

RÉVEIL, réveiller, se/WAKING; Chaleur, par et avec la/heat, from and with; deux h./two am-574

RÉVEIL, réveiller, se/WAKING; Chaleur, par et avec la/heat, from and with; trois h./three am ; avec sueurs et envie d'uriner/withs sweat and urging to urinate-555

RÉVEIL, réveiller, se/WAKING; Difficilement/difficult-569,571,575

+ sous rubrique

RÉVEIL, réveiller, se/WAKING; Difficilement/difficult ; sieste, de la/nap, of-569,571,575

RÉVEIL, réveiller, se/WAKING; Douleur, par la/pain, from-561

+ sous rubrique

RÉVEIL, réveiller, se/WAKING; Douleur, par la/pain, from ; abdomen de l'/abdomen-561

RÉVEIL, réveiller, se/WAKING; Matin, le/morning; cinq h./five am-563

RÉVEIL, réveiller, se/WAKING; Minuit/midnight; après/after; deux h./two am-567

RÉVEIL, réveiller, se/WAKING; Rêves, par des /dreams, from-92,563

Nouvelle rubrique

SIESTE/NAP ; longue, besoin d'une/needng to take a-570,605,614,628

SOMNOLENCE/SLEEPINESS; Après-midi, l'/afternoon; agg./agg.-552,554

SOMNOLENCE/SLEEPINESS; Irrésistible/overpowering-550,551

+ sous rubrique

SOMNOLENCE/SLEEPINESS; Irrésistible/overpowering ; lit, au/bed, in-551

Frisson/Chill

Fièvre-Chaleur/Fever-Heat

AIR/AIR; Grand air/open; amél. (m, 5)/amel.-534,578

Transpiration/Perspiration

ABONDANTE/PROFUSE-579

Peau/Skin

ÉRUPTIONS/ERUPTIONS; Boutons/pimples-587

ERUPTIONS/ERUPTIONS; Symétriques/symmetric-624

EXCORIATION/EXCORIATION-588

FOURMILLEMENT, reptation, sensation de/FORMICATION, crawling-580

FOURMILLEMENT, reptation, sensation de/FORMICATION, crawling ; Sous-cutané/skin, under, subcutaneous-580

MALSAIN, chaque égratignure se déchire ou guérit avec

difficultés/UNHEALTHY, every scratch festers or heals with difficulty-589

PICOTEMENTS, fourmillements, sensation de piqûres/TINGLING, prickling-582

Généralités/Generalities

ALIMENTS et boissons/FOOD and drinks; Beurre/butter; aversion/aversion-341,390,391

ALIMENTS et boissons/FOOD and drinks; Café/coffee; désire/desires-622

Nouvelle rubrique

ALIMENTS et boissons/FOOD and drinks; Crème, agg./cream, agg.-368

ALIMENTS et boissons/FOOD and drinks; Eau/water; désire/desires; gazeuse/aerated-615

ALIMENTS et boissons/FOOD and drinks; Chocolat/chocolate; désir/desire-602,604,611

ALIMENTS et boissons/FOOD and drinks; Gras et riches aliments/fats and rich food; agg./agg.-368,391

ALIMENTS et boissons/FOOD and drinks; Gras et riches aliments/fats and rich food; aversion/aversion-341

ALIMENTS et boissons/FOOD and drinks; Lait/milk; agg./agg.-368

APRÈS-MIDI, treize h. - dix huit h./AFTERNOON, one pm - six pm; Agg./agg.; treize h./one pm-627

CHALEUR/HEAT; Bouffées de/flushes of-306,309,315,603,621

CHALEUR/HEAT; Bouffées de/flushes of ; matin/morning-621

CHALEUR/HEAT; Bouffées de/flushes of; colère, après une/anger, after-632

CHALEUR/HEAT; Bouffées de/flushes of; manger, mangeant/eating; agg./agg.; en/while-315

CHALEUR/HEAT; Bouffées de/flushes of; transpiration/perspiration; avec/with-306,315,603

+ sous rubrique

CHALEUR/HEAT; Bouffées de/flushes of; transpiration/perspiration; avec/with; thorax et aisselles-306,603

CHALEUR/HEAT; Sensation de/sensation of-619,623,631

CHALEUR/HEAT; Sensation de/sensation of; matin, le/morning-619

+ sous rubrique

CHALEUR/HEAT; Sensation de/sensation of; matin, le/morning ; dix h.-treize h.-619

CHALEUR/HEAT; Sensation de/sensation of; nuit, la/night-592,595,596,597

+ sous rubrique

CHALEUR/HEAT; Sensation de/sensation of ; avec peau moite et congestion de la tête/with sweaty skin and congestion of the head-631

DOULEUR/PAIN-594,609,610

DOULEUR/PAIN; Muscles/muscles-609,610

DOULEUR/PAIN; Symétriques/symmetric-594,280

EFFICACITÉ augmentée/EFFICIENCY increased-10,23,54

EFFORT, exercice/EXERTION, exercise; Désire/desires-612

ÉNERGIE, plein d' /ENERGY, lots of -10,13,17,63,71,72,608,618

ÉNERGIE, plein d' /ENERGY, lots of; Matin, le/morning -10

+ sous rubrique

ENERGIE, plein d' / ENERGY, lots of; Matinée, dans la/forenoon-14

FAIBLESSE, épuisement, prostration, infirmité/WEAKNESS, enervation, exhaustion, prostration, infirmity; Après-midi, l' /afternoon; treize h./one pm-627

FAIBLESSE, épuisement, prostration, infirmité/WEAKNESS, enervation, exhaustion, prostration, infirmity; Réveillant, se/waking; en-575

FATIGUE/WEARINESS-34,605,606,609,610,617,629

FATIGUE/WEARINESS; Soir, le/evening; agg./agg.-34

FROID/COLD; Tolérance à/tolerance for-630

FROIDEUR/COLDNESS-591-613,625,626,549

FROIDEUR/COLDNESS; Glacée/icy-591,613,626

FROTTEMENT, massage/RUBBING, massage; Amél./amel.-367,407

LASSITUDE/LASSITUDE-614

+ sous rubrique

LASSITUDE/LASSITUDE ; dix h.-douze h./ten-twelve-614

SYMÉTRIQUES, maladies/SYMMETRICAL complaints-594,624

VERS sous la peau, sensation de/WORMS under the skin, sensation of-580