

The everyday practice of Constantin Hering

Herring seemed to possess an "iron constitution" and an incredible strength and vitality.

He got up between 3 and 4.00 a.m. to study Materia Medica; from 8.00-9.00 a.m. he had breakfast and read the newspaper. Then (for 30 years!) his friend and family doctor Raue (1820-1896) came and they discussed until 10.00 a.m., mainly about homeopathy and science. From 10.00 a.m. to 2.00 p.m. Hering then made practice and house calls, then an hour for lunch with a short nap and from 3.00 p.m. to about 6.30 p.m. practice again. Then the whole family ate dinner together, then often until 10.00 p.m., colleagues came and discussed with Hering.

"These four, Hering, Lippe, Guernsey and Raue were like schoolboys learning their assignments. Every evening they reported on their experiences of the day, and when they came up with a new result, they all wrote it down and Dr Hering recorded it in his manuscripts."

There were always various homeopathic guests and many fruitful discussions in his house and it became a kind of **Mecca** for American homeopaths.

In addition to a cook, various maids and a clerk, Hering also employed a secretary (no one could read his writing) and usually had two assistants to shadow him.

One of his assistants, Negendank, wrote about Hering:

"I had the privilege of living with the doctor for a number of years as his assistant, and there is not a day from that time that I do not remember with pleasure. He was cheerful, talkative and instructive at his simple lunches, never dictatorial, always ready to receive."

If a topic came up that he was not as familiar with as the speaker, he listened with serious attention, his eyes sparkling in a friendly way and showing how satisfied he was to learn. (...)

If friends appeared in the evening before the doctor retired to his study, he was always ready for a chat, full of good humour and wit. A cigar, rye bread, a piece of Swiss cheese, a glass of wine and the prospect of plenty of time provided the ingredients for an enjoyable evening."

But when our venerable sage came home overworked and tired, he preferred to remain undisturbed and retired to his books and his pen in his quiet study."

(Krannich, 2005, p.276, translated as a service by Constantin Hering Foundation)