

25° C.) and containing one of the numerous stomachics. Massage, electricity and particularly hydrotherapy are of use for their constitutional effects. When this treatment has no good results gastroenterostomy is in place. He warns strongly against the milder procedure of only breaking up adhesions, as such cases usually relapse and are often worse subsequently.

THE TREATMENT OF MIGRAINE.

In a paper read before the New York Neurological Society, Dr. C. E. Herter (*Journal of Nerv. and Ment. Dis.*, New York, January, 1897, p. 112) stated that he regards migraine as a toxæmic condition, the toxins (probably albumoses) being absorbed from the gastro-intestinal canal. In seven patients he had examined the contents of the stomach during the paroxysm, and in these there was evidence of complete arrest of gastric digestion.

He therefore recommends, as an initial step in its treatment, the washing out of the stomach with water at a temperature of not less than 105 deg. F. The sooner that this is done after the beginning of the attack the better are the results. The patient should therefore be taught to do it for himself. Herter claims that this relieves the pain and occasionally aborts the attack.

The lavage should be employed in every case whether food be present in the stomach or not, but the results are better in the former case.

After the washing out he gives a rapidly acting aperient, such as a teaspoonful or dessert-spoonful of Carlsbad salts. The action of this should be aided by a soap and water enema.

Should the headache not be removed by these means, or should it return, it is much more easily treated after these initial steps.

He does not recommend antipyrin, but speaks in favor of phenacetin (gr. x.); of antifebrin (gr. v.); and especially of ammonol. Black coffee without sugar, or citrate of caffeine he had also found efficacious. Where the face was much flushed ergot sometimes did good, provided that it could be retained by the stomach.

Rest and quiet are of great importance. In the intervals between the attacks milk should constitute the proteid food of at least one meal a day, and red meat should not be allowed more than once a day. Many sufferers from migraine cannot tolerate fruits.

A change from a sedentary to an out-door life is of benefit to many, and bicycle or horseback riding are the best forms of exercise.