

give pabulum to the master-builder of our cellular structure, who gallantly fights to regain lost ground and to assume normal conditions. It is possible that our success in ameliorating, if not curing, the various headaches by the administration of cod liver oil, or by any of the hydro-carbonates, is a good illustration of this doctrine. As a rule, those afflicted with any of the neuralgias are anæmic, and even those who store up a good deal of adipose tissue are sometimes also afflicted, and are usually of a nervo-sanguine type, with evident instability in the great nerve centres. These states are liable to induce nerve pain in those of a neurotic diathesis, on whom even atmospheric changes in temperature and density have malign influences.

We also know that fat, in one or other of its forms, is not only a fuel, but is also a protector of the delicate nerves of fine organization. We see this in the structure of nerve fibre. A fatty organization is the sheath or axis cylinder of the delicate nerve fibre. This "white substance of Schwann" is the insulating covering of the nerve proper, and is necessary for the thermal protection of nerves outside the bony cavities.

We know that in the most of the neurasthenic, anæmic, and neuralgic we find a deficiency of fat in the system; so this nerve envelope must partake of the general deficiency. This is the reason why the exposed parts of the body, such as the head, face, and neck, are so susceptible to changes of temperature, and why the wintry weather is the time in which the infliction mostly prevails. This statement refers to those nerve pains which are brought about by general conditions, and not by any local irritations. As a rule, such are found to be associated with malassimilation and malnutrition, at the foundation of which lie hereditary tendency or dyspepsia of the atonic kind, worry beyond measure, mental strain from overwork, and such like drains upon the physical system, especially upon the trophic centres. I know of no other theory why cod liver oil has been so beneficial in the various neuralgias, especially where we find anæmia and neurasthenia.

It may not be out of place here to sound a note of warning as to the use of anodynes or narcotics in headache. It must be remembered that to benumb by drugs is not to cure. It is possible that their use retards recovery for the time by temporarily paralyzing vital energy and feeling; hence the necessity to be sparing in their use. Not only so, but a large number of our narco-maniacs come from this class, and it is to be feared that a good many medical attendants are unwittingly to blame by taking such patients into their confidence and informing them what quieting drug is being administered. As a result, the patients go to the druggist for their solatium after medical attendance has been dispensed with. An alliance, offensive and defensive, is set up between patients and druggists,