

in temperature of the ocean currents, the air above them, and the earth's revolutions.

That the involvement of the nervous system is by no means a mere reflex result of local irritation of the nerve endings in the mucous membrane of the stomach or small bowel, is shown by the frequent absence of any sign or symptom other than the megrim itself pointing to digestive disturbance in these organs, and by the not uncommon occurrences of symptoms of profounder nervous affections, either during the latter stages of a paroxysm, or, and this more often, post-paroxysmal, such symptoms as aphasia, slight mental confusion, temporary anesthesia over various areas of the body surface, even paresis and slight ataxia.

In dogmatizing as to the etiology of affections such as migraine, one must needs beware of narrowness of view. The nearest approach to truth in controversial subjects is best made by taking a middle course, nor is it well to assume that any one disease is always the result of one invariable cause. Migraine is a case in point. The combinations of symptoms undoubtedly vary, often widely, but the symptoms themselves denote nervous disturbances of a special type, affecting a larger or smaller region in a greater or lesser degree. The primary source of this disturbance in portions of the nervous system cannot, however, be particularly assigned to only one cause, or even to one class of lesions.

Now as to my personal experiences. I was first attacked with megrim after leaving school and beginning university work. Every three weeks or so one would occur, except when I was on holiday and led an open-air life. Was treated in the ordinarily approved style with cholagogues and cathartics, but though lighter in weight still suffered. But, having read Latham's treatise, I foreswore medicines, and began climbing a hill of eight hundred feet in the outskirts of Edinburgh and in a hurry, four or five times a week throughout each session, during an off hour between classes. No megrim has ever troubled me since then, save once when, after a fifteen miles' walk in the Highlands, the place at which I had expected to be able to get some food I found closed, and the second fifteen miles on a tightened belt proved sufficient to bring on what was but a slight attack. In this last case the true cause, very probably, is to be found in an excess of the products of muscular waste, in a somewhat starved blood stream. The physical exercise of surmounting the hill referred to, more than a mile and a quarter from the university, with an ascent of nearly six hundred feet from the lowest point touched, and in returning in forty-five minutes or under, was considerable.