

probably accumulate in the liver until they get through it into the general circulation. By putting a man, then, upon a non-nitrogenous diet you lessen the proportion of these substances, and so you may increase the intervals between the headache more and more, until you may make the interval indefinite and prevent the headaches from recurring at all. Absorption from the liver is greatly altered by emotions. So much is this the fact that sometimes after emotions a person may become completely jaundiced, absorption having taken place so quickly from the liver that the bile actually colors the conjunctiva and the face. Therefore we should expect that anything which was circulating with the bile in the liver would be rapidly absorbed in consequence of emotion. We find that anxiety, grief, sorrow, especially any depressing emotion, is apt to bring on headache. We have, therefore, very good reasons for attributing many headaches to the presence of abnormal constituents circulating in the blood. If this idea be true, we ought to be able to relieve headaches by clearing out many of the morbid products from the liver. Experience has shown this to be the case, because one of the best methods of relieving a headache or preventing it is to give some mercurial cholagogue, following it up by some saline aperient. A blue pill over night and a black draught next morning will very often prevent the headache from occurring at the time when the person was perfectly sure it would otherwise come on.

So far, then, for the general condition of poisoning by toxins; but there are other injurious substances even less known. Many of them are classed, I believe, under the head of uric acid, and certain substances connected with gout and rheumatism are very apt to produce headache. The most powerful cholagogue that is known is salicylic acid or salicylate of soda, and one of the most powerful remedies in preventing and relieving headache is the latter. We may conclude, then, that a good deal of the misery caused by headaches is due to the absorption of toxic products, and that we may prevent headaches from coming on by the use of cholagogues and aperients.

But why do toxins fasten upon the head and cause headache instead of causing man to suffer from pain in his intestines or in his big toe? The reason is that in most cases we have some local lesion which determines the pain to the head, and the most common lesions are either decayed teeth or something wrong with the eyes. The abnormality in the eyes varies a good deal. In some people it is simply a little inequality in the visual length of the two eyes; in others it is astigmatism, in