

Publishers' Department.

THE PERIODICAL NERVOUS HEADACHE.—Among the most common ailments, especially among the young, are the periodical nervous headaches, and three or four times as many females as males are afflicted with them. Dr. A. F. Schellschmidt, of Louisville, Ky., states that "they generally manifest themselves about the time of puberty and are very severe for a few years, but with increasing age the attacks become less frequent, until at the age of forty they seem to almost disappear, and are seldom or never seen after fifty. They are associated with vertigo, nausea and vomiting. The pain is in and around the eyes, and while the attack lasts there frequently is partial or total blindness. Those who complain of this trouble suffer from prodromal symptoms for several days before the attack shows itself in an active form, which symptoms differ in different patients. When treatment is demanded it is more for the pain than anything else. Opium will relieve, but does more harm than good, as it leaves the system in a worse condition to resist a subsequent attack. Antikamnia tablets give great relief and act quickly. An emetic will sometimes abort an attack. The bowels should be kept open, and those diuretics which hasten the elimination of the urea should be administered. If the attacks are due to a reflex nervous condition the cause must be sought and treated. The adult dose of Antikamnia tablets best suited for the relief of these headaches is two every three or four hours."

THE ANEMIAS OF CHILDHOOD.—The anemias of early life are usually sequels of the acute diseases common to this period. The exanthemata are especially liable to be followed by a depreciation of blood quality and a protracted convalescence often depends on this one condition alone. Moreover, the frequency with which physical stigmata or infirmities actually date from an attack of measles, scarlet fever, diphtheria or any of the other similar diseases of childhood, can often be properly laid at the door of insufficient or improper care during the very important stage of convalescence from these diseases. It should be recognized that the hematogenic function, while exceedingly active in childhood, is yet very susceptible to all inhibitory influences, among which the toxins generated in the course of the acute diseases are most common. When a storm infection of measles, scarlet fever or any of these similar ailments is passed, there must follow a period of reconstruction. If