

perhaps still more commonly in disordered nutrition, such as occurs in rheumatism, in gout, and, above all, in albuminuria. In all those cases the tendency to headache is more or less constant, because the disorder of nutrition is more or less permanent. But in apparently perfectly healthy people we find that headaches come on now and again, and they are apt to come on with more or less regularity. Thus it would appear that in many such people there is a tendency to disordered nutrition occurring with more or less regularity, and such patients are accustomed to recognize this in themselves, and to say that they are apt to become bilious. We find this regularity occurring most markedly in women, because, just before, during or after the monthly period, women are very liable to suffer from headache. But in men, where there is no monthly period, we find also a tendency to regular recurring headache, and probably in them also there is a regular alteration in nutrition.

Now, the nature of this alteration is rather hard to determine, because our knowledge of nutrition generally is insufficient. Yet, a common observation may allow us to associate this altered nutrition, more especially with one organ, namely, the liver, because men and women are accustomed to say that they are liable to bilious headaches which recur every now and again. In order to understand this recurrence it is necessary to consider the functions of the liver.

The liver is a porter which stands at the gate of the organism and prevents all the deleterious substances which pass into the intestinal vessels from the intestine from reaching the general circulation. These substances are caught by the liver; they are either destroyed or transformed by the liver, or excreted by it unchanged into the intestine. From the intestine they may partially pass away with fecal matters, but many of them may be reabsorbed, and so they go on in a continual round from the intestine to the liver, from the liver to the intestine and back again to the liver until at last the amount of these substances becomes so great that the liver is no longer able to deal with it, and they pass through the liver and get on into the general circulation. Now it would appear as if there was a certain period required for this accumulation. The period will vary in different individuals, but it will also vary in the same individual under different circumstances, and more especially we know that it will occur in the same person in a less time when he is on a more highly nitrogenous diet. You know that it has been shown that during the decomposition of albuminous materials in the intestine various poisons are formed, and these poisons