

Chloride of ammonium, chloral and croton chloral are of more or less service in most cases. Anstie believed that the administration of twenty grains of chloral, the patient at the same time keeping his feet in hot mustard water, and inhaling the steam from the mustard, was the ideal treatment for migraine. Bromide of potash affords relief in some cases, but it is usually necessary to give very large doses. A new remedy, antipyrine, has proved a valuable auxiliary in our treatment of migraine and other forms of headache. One or two doses of ten or fifteen grains, given at the beginning of an attack of sick headache, will often act like a charm in cutting it short. A still newer remedy, antifebrine, is said to act equally well.

In some very severe attacks, hypodermics of morphia may be called for to procure relief, and even these may afford but very little benefit.

In our efforts to prevent the attacks of sick headaches, or lessen their frequency and severity, we should attempt to remove all the causes which have any influence in their production. In some instances stomach disorders, diseases of the womb or the like, either directly or indirectly, occasion their development. Wherever diseases of this character exist, they should, if possible, be removed.

Special remedies are sometimes used with the idea of preventing future attacks. Cannabis indica is a favorite with some physicians. Its use for a long time is said to have a very decided effect in some cases. I have, myself, very rarely resorted to any specific medication in these cases. When I did so it was to administer the bromides, and only at such times when the headaches appeared to occur with unusual frequency or severity. Periods of this kind, of longer or shorter duration, are not rare occurrences to those suffering with migraine. I have almost invariably found that ten to fifteen grains of bromide of potash, given three times a day at such times, would be productive of much benefit.

Probably the most important consideration in cases of sick headache is that it occurs chiefly in those with a neurotic taint, where there is a history of headache or other nervous diseases in the family, and where the individual is of a nervous temperament and predisposed to nervous disease. Therefore, the important point in treatment is the toning up of the nervous system. Many such patients are anemic, debilitated women, and demand iron or other tonic medication, and a tonic regimen in every way. Hydrotherapy, sea baths, a trip to the mountains, will often prove of great benefit. Headaches are often brought on, or greatly aggravated by the worry or excitement of daily life, sources of ill which cannot be removed; but all such trouble must be avoided as far as possible.

When the disease has been of many years' standing, all our efforts will often avail but little, though the disease is likely to disappear after the climac-

teric period. It is in the young, when the disease is recent, that we may hope to accomplish most good. In such cases we must attempt to cure the disease before the habit, if I may so speak, has been established. To do this we must not only try to cut short each attack, but by proper habits of life, careful education, tonic medication, etc., so far as possible, eradicate the neurotic basis of the disease.—*Cincinnati Medical News*.

## THE TREATMENT OF RHEUMATISM.

By E. S. F. ARNOLD, M. D.

When the late Dr. Robert Nelson, for many years the Mott of Canada, went to California, I succeeded him in his office in New York. During his absence constant inquiries were made of me for his remedy for rheumatism. On his return I asked him what this wonderful remedy was. He smiled, then simply answered, "Colchicum." Seeing that I was incredulous, he then told me that he had once at the Hotel Dieu, in Montreal, experimented with colchicum, trying all the official preparations, sometimes with benefit, but in the main finding all unreliable and often totally worthless. He ultimately tried a strong alcoholic tincture prepared from fresh seed. He found that the shell of the seed contained a volatile oil, that when water was added to the tincture it became opalescent, like tincture of myrrh, and by its use he obtained extraordinary effects. He prepared it by adding to one ounce of the seed half a pint of highest proof alcohol. After standing a fortnight and shaking once or twice daily it was fit for use. Add five drachms of this tincture to half a pint of water, or rather, enough to make a half pint, and of this the full dose is half an ounce. "Now," said he, "if you have a case of acute or subacute rheumatism, give this every four hours, night and day, avoiding acids and giving a light diet until the toxic effects of the colchicum are induced, viz., nausea or even vomiting, with active purging, which occurs generally by the time the sixteen doses are taken, and the rheumatism will disappear like a flash. Up to this period there will be apparently no relief." He cautioned, if I would secure the beneficial effects, always to prepare it myself.

In cases of acute and subacute rheumatism I have never found its equal, also in rheumatic gout. In simple local or chronic rheumatism, I do not expect anything from it. When I was first appointed Physician to the Sisters of Charity at Mt. St. Vincent, on the Hudson, I was shortly afterward called upon to attend the chaplain, a Canadian, between fifty-five and sixty years of age. I found him in a high fever and racked with pain from head to foot. "Ah," he said, "my dear doctor, I am in for a long siege of it. I have had a similar attack of rheumatism once before, and did not leave my bed for three months". I told him I thought we could do better than that. In a few days he was entirely free from pain, and in a