

may be given in the form of the spiritus ammoniæ foetidus; of the *Pharmacopœia*, also in half drachm or drachm doses. As a rule, alcoholic stimulants are not advisable here. A small quantity will cause flushing, heaviness, slight confusion of thought, &c., without relieving the depression; and though the severe headache may be averted, alcoholic stimulants do not answer so well as the remedies previously mentioned.

2. *During the Stage of Headache.*—If the headache be slight and the patient soon able to sit up, there is little to be done; a cup of coffee or tea, cheerful conversation, a walk, drive or ride, may often help to remove the pain. If, however, the headache, nausea, &c., be severe then the administration of further remedies is called for. The patient should keep perfectly still and quiet, with the room darkened; for every sound or sight causes pain, and the slightest movement is sufficient to produce gastric uneasiness. Sometimes free evacuation of the contents of the stomach, especially if it contain undigested food, is followed by relief. Dr. Fothergill says, "an emetic and some warm water soon wash off the offending matter and remove these disorders," which may be very well where there is any offending matter to wash off, but it is not very often that this is the case; the nausea frequently continues long after the contents of the stomach have been discharged; an inverted action of the duodenum is set up; the bile appears in the fluids excreted; the patient believes that all his troubles are due to "its overflow;" "it's all liver," he says, and it is sometimes difficult to persuade him to the contrary. Generally, then, you should try to relieve and check the vomiting. Leed soda-water, with or without two or three drops of dilute hydrocyanic acid or spirit of chloroform; cold tea; the effervescing citrate of potash, with hydrocyanic acid, may often afford marked relief. The headache may be lessened by applying cloths dipped in cold water; or evaporating lotions to the head; if the extremities be cold and the headache severe, a warm stimulating foot-bath can be tried so soon as the nausea will allow the patient to sit up. If the attacks occur in the early part of the day, as soon as the pain has subsided, it is generally better for the patient to sit up, or move about, or take exercise in the open air. A young lady, on consulting me for this disorder, said: "Nothing relieves these headaches except a good gallop on my pony. I have sometimes to lie still for three or four hours before the pain is bearable; but directly I am able, I mount my poony and always return home better." During the attack the appetite is diminished, the idea even of food provoking disgust. Still, after the nausea has passed away and the headache has continued a few hours, a plate of soup or some easily digested food will often have a good effect in equalising the cerebral circulation. A remedy which may very often be given with advantage if the headache be severe, is bromide of potassium in doses of 5, 10, or 15 grains, to which 30 or 40 minims of sal volatile may in some cases be added with advantage; and if the nausea still continue, these may be given in combination with the effervescing

citrate of potash. A saline purgative at the commencement of an attack is sometimes an effectual remedy; but, as a rule, the use of purgatives is objectionable.

So far, the measures which I have suggested are only palliative. We come now to the consideration of such as are preventive, or to the treatment necessary during the intervals between the attacks. First of all, you must try to find out the exciting cause and endeavour to remove it. Hours of study or work must be abridged; excessive bodily fatigue, loss of rest, everything in fact, must be avoided which the sufferers know from individual experience will act as exciting causes. Where the attacks are associated with excessive mental work, they should be regarded as danger-signals, showing necessity for relaxation. In the next place, you must endeavour to improve the tone of the bodily and nervous systems by proper medicinal and hygienic means; and the chief remedies which I employ are steel, strychnine, and cod-liver oil. The success, however, following these remedies depends a great deal upon the way in which they are administered. For a day or two after the attack the stomach and bowels may possibly be disordered, and not in a fit-state to tolerate such remedies. This must first be corrected. The simple vegetable bitters such as gentian, with small doses of henbane and some aromatic, may be of service, and, if necessary, one or two grains of blue pill, with four or five of compound rhubarb pill, may be given at night. We may then try steel. If the attacks have been very frequent, or if there be any serofulous tendency, I give the iodide of iron in the following form. R. Ferri et ammon. citrat, gr. v; potassii iodidi gr. ij; 3j; and I add, according to circumstances, 15 to 20 minims of tincture of henbane, or 20 to 30 minims of aromatic spirit of ammonia. If the stomach be at all irritable, I give this in the effervescing form adding to each dose 20 grains of bicarbonate of potash, and directing it to be taken with a tablespoonful of lemon-juice or a corresponding amount of citric acid: the dose to be taken twice a day, about 11 and 4. I soon leave off the effervescing form, and then add to each dose five minims of liquor strychninæ, omitting the henbane and sal volatile, and continuing the iodide of potassium according as it seems to be indicated or not. In other cases, I give the citrate of iron and ammonia with strychnine at the beginning, and sometimes combine them with infusion of calumba. The iron is indicated by the greater or less anæmia of the patient; but the strychnine is, in my opinion, a very important remedial agent in the disorder. In small doses, it acts as a simple tonic, increasing the appetite and improving the digestion; it dilates the vessels, and thus increasing the supply of blood, it augments the activity of the spinal cord (Harley). It promotes the capillary circulation, and therefore its use is advisable for persons troubled with cold hands and feet (Anstie); and if it fulfil these conditions, it is clearly indicated in the disorder which we are considering. Cod-liver oil also often acts very beneficially. "It has been found by experiment that great exertion and prolonged labour can be endured