

At any rate, "it is the stitch in time" that saves serious trouble, and Pepto-Mangan (Gude) in this class of cases will be found a very dependable stitch.

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### 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."

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### FEEDING OF TYPHOID PATIENTS.

There are two points of clinical importance which should influence the physician in the selection of a proper diet for typhoid fever. They are, first, the supposed danger of mechanically irritating the ulcerated surface in the intestine and the danger in overloading the gastro-intestinal tract whose digestive functions are impaired by the fever.

Second, the relations of the chemical ingredients of the food to the increased tissue change that causes, or accompanies, the excessive production of heat. If the proper fluid can be furnished as a food the tissues are spared too great self-consumption in producing heat. In regard to the first fact, the danger of mechanical irritation of the intestinal wall is somewhat exaggerated. In prescribing a sole milk diet for typhoid fever in order to lessen this danger, many overlook the fact that milk, alone, on