

tion. If permitted to do so, many such would wound themselves, and would apparently be oblivious of any pain.

Within the last few years much attention has been given to the relation between eye-strain and headache. The increase of book learning among children, of clerical work of all kinds, of mechanical labor needing good sight and close attention, and of indoor employment in badly lighted rooms, or in badly arranged light, lead to errors of refraction or to muscular inco-ordination, and, as a result, eye-strain and frontal or orbital ache. In a majority of such cases there is astigmatism. This irregularity of the refractive media of the eye must of necessity mean stress in the operations of the eyes, and also produces nerve instability and pain. The mere eye rest taken in a number of such cases is followed by want of the usual headache, showing that herein is cause and effect. In such cases medicine alone, without rest, has proved of little value. In large cities and towns where the conditions favorable to this kind of headache mostly exist, it is evident that those facts have been largely overlooked until a comparatively recent period. This form of headache is a good illustration of a sympathetic or reflex kind. Reflexes are far-reaching in their effects, and the study of them is of paramount importance if success in treatment is desired. This fact I wish to emphasize.

In conclusion, my aim has been in this monograph :

(1) To direct attention to the importance of studying the reflexes in our diagnosis.

(2) In trusting more to general hygienic measures to promote health than to local or general medication.

(3) To study *ab extra* causes which are more general and potent than we may suppose. We are often deceived because of the local distress appearing so prominent.

(4) Not to delude ourselves into the idea that a benumbing treatment is curative, but, on the contrary, it often handicaps the heroic efforts of nature to again reach healthy conditions.

(5) To check the growth of the ever-increasing army of narco-maniacs by professional reticence in the use of seductive drugs. Headache and its many anodynes are fruitful sources through which this baneful habit is acquired.

(6) The classifications and remedies are legion, but the treatment must be applied to *genera* rather than to the *species*, as common-causes lying in deranged cell life do produce multifarious manifestations.