

of all the advice physicians are willing to give them.

Business men are worried by financial troubles; wives are worried about social matters; young men and boys are worried in regard to school and college matters, or perhaps dissipate; girls are asked to do more in schools or shops than is reasonable to ask of a young and developing female. In these days of railroads, telegraph, telephones, fast machinery, and other methods of rapidity and competition, there can be found causes enough for overwork. Whatever the cause the effect produced is annoying and dangerous. The brain is in an irritable condition and forms a central point for general irritation. All sorts of ills, fancies and conditions are produced, and little can be done until the cause is obliterated.

The treatment of such cases is, first, proper food; not only the digestion but the assimilation must be looked after. In the meantime medicine must be administered. The best drugs for this condition are the alkaloid caffeine, (the citrate of caffeine is said to be only a mixture), monobromide of camphor, codeine, nux vomica, quinine, gelsemium, guarana, fluid extract camellia; iron and other tonics.

Intermittent headache is due to some malarial derangement manifested in this manner. Quinine is the most prominent remedy and may be aided by other remedies.

Habitual headache is due to some derangement of the systems usually of the stomach or bowels. When we enter upon the discussion of the so-called "stomach" headache we simply enter upon a discussion of the disorders of digestion. Headache arising from indigestion is sympathetic and reflected through the pneumo-gastric nerve, or is the result of toxic material (ptomaines probably); produced by some fermentative changes in the stomach and taken up in the general circulation. It may be a derangement of the liver that causes the headache; then it is called *bilious* headache and is sometimes very severe. Obstruction to the free escape of bile or interference with the normal functions of the liver—either an increased or diminish secretion are among the causes.

Reflex irritation from *genito-urinary* organs is also a source of headache. This is noticed in some patients about the period of menstruation. In others displacements and disorders will cause pain in the head, usually on the top of the head.

Astigmatism, if not corrected, will almost always cause headache if the eyes be used much. The disturbance in these cases may become so great as to cause disturbance, through the nervous centre of the stomach. Ear troubles also sometimes cause headache, but as I do not recollect treating any cases from this cause, I will have to pass over it.

External pains of the head, often called headache, are due to a variety of causes. Syphilis often causes headache, if the membranes of the brain are affected. Rheumatism of the scalp is often mistaken for headache. Neuralgia of the supraor-

bital, occipital or auricular nerves is at times very troublesome. These require anti-neuralgic treatment.

A few words on the remedies used in the treatment of headache and I am done. Caffeine is a very valuable remedy in this disorder, but should not be given in doses of more than two grains at a time; large doses are apt to produce nausea.

Codeine has many valuable qualities. It seems to me to have an action like opium and the bromides combined. Its cost, however, (\$12.00 per oz.) makes it an expensive drug to use.

Monobromide of camphor, in doses of two to six grains, is excellent for slight nervous headache.

A combination of caffeine and codeine is very good, but do not put monobromide of camphor with them—it will surely produce nausea. Guarana is an excellent remedy for hyperæmic headache and has some advantages over caffeine.

Fluid extract of camellia and of coffee owe their usefulness to the caffeine they contain.

The bromides are probably used more than any other class of remedies in headache. Their use should be confined exclusively to congestive headaches, except where they are used in conjunction with other remedies.

Ergots and digitalis are useful when we wish to tone up the blood-vessel or diminish their calibre, or to steady the action of the heart itself.

Aconite is occasionally indicated when it is necessary to get control of the heart.

Quinine, salicylic acid, opiates, hyoscyamus, belladonna, gelsemium (particularly where there is neuralgia), and nux vomica, are often indicated, and, when used in combination with some of the remedies first mentioned, will add to their effectiveness.

Nitroglycerine in small doses is very useful in headaches due to spasm or anæmia of the brain. Its acts very promptly.

Cocaine, on account of its peculiarly soothing and quieting action, is excellent in headaches due to cerebral exhaustion and other nervous conditions.—*Detroit Lancet*.

Constipation in infants is thus treated by various writers in the *British Medical Journal*:—

Dr. W. R. Cossham has generally found much benefit from ordering the infant to be fed every morning with a cupful of gruel, which may be sweetened with treacle or honey. Further help is obtained by giving a teaspoonful of cod-liver oil twice a day, and using friction over the bowels every night with olive-oil on the palm of the hand. An occasional morning draught may also be necessary, such as tinct. podoph. mij (gr. ii ad 3i); pulv. ipec. gr. ¼; glycerini 3i; aquam. anisi ad ½ ss.

L. suggests two or three meals of "Mellin's food" daily. He has found this useful, and has long since dispensed with drugs as much as possible in the treatment of some troublesome cases.