

HEADACHE.

Headache is one of the most common of the numerous ailments we are called on to treat. Almost every individual has his or her special kind of headache; some people have them so often that life is rendered burdensome by the constant pain. The headache may be superficial or deep-seated—it may be confined to the back of the head, or may extend to vertex or forehead; it may be located in the vertex, the forehead, and even the eyes may be chief seat of pain. Then it is important to note the character of pain, which may be a dull, heavy feeling, like a weight, a sharp cutting or shooting, a throbbing, etc. For each of these different varieties of headache a different remedy is required, so that it is at once evident that the treatment of headache is no simple and easy matter to be readily disposed of by some stock powder or prescription. There are some headaches that will yield to any simple form of treatment, others have found the similar remedy for their headache in some patent medicine, which always gives relief for the time being, though it does not cure; for if cured the headache would not return. In treating headache it is important to find out the cause; this may be simple and easily remedied, such as sleeping in a close, unventilated bedroom, a frequent cause of dull, heavy, morning headache and disinclination to rise. When it is remembered that we spend at least one-third of our lives in our bedrooms, the importance of securing for them a proper supply of fresh, pure air, is easily recognized. The test of the healthiness or otherwise of the bedroom is to enter it in the morning directly from the fresh air, when any closeness of the atmosphere is readily detected. Another frequent cause of morning headache is indiscretion in diet, late suppers, wine, beer, etc. Those who have found out the virtues of *Nux vomica*, in this variety of headache, often ward off the attack by a dose or two the night before. Then there is the nervous or sick headache, a distressing variety to which women are pecu-

larly liable. It is brought on by worry, over-excitement, late hours, etc., though the real cause is generally more deeply seated, and is probably some uterine disorder, or some of the many forms of dyspepsia. There is one troublesome vertical headache which is especially associated with uterine trouble. A very obstinate headache we recently met with was found to be due to inflammation of the kidneys—Bright's disease. There was associated with it tenderness of the scalp; the hair was quite sore to touch; the pain was felt even during sleep. It was very acute, a bursting, pressing out pain, at times like a nail driven in. There was amelioration of the pain by pressure of the hand upon the forehead. There was also at times heaviness, like a weight in the back of the head. The medicines which have produced this peculiar symptom of headache during sleep are *Arsenicum*, *Digitalis*, *Colchicum*, *Ferrum*, *Graphites*. *Digitalis* was first given and relieved the pain somewhat, but the patient complained one morning that he was so annoyed by the smell of cooking; it came up from the kitchen, through several doors and passages, and made him feel quite sick. This is a marked characteristic of *Colchicum*, and he was given this at once in 6 centesimal dilution, with the happiest results. It not only entirely cured the headache, but also gave a favorable turn to the whole course of the disease.

It is very important to notice what causes aggravation or amelioration of the headache—e.g., some are relieved by warm bandages; these will get relief from *Silica* or *Thuja*; others by uncovering the head—for these try *Glonoin*, *Ledum*, *Sulphur*; others by tightly tying up the head—and *Argent. nit.* will probably help these. Some headaches are accompanied by great hunger—for these give *Psorinum*, *China*, or *Anacardium*, and so on.

Another severe headache which came under our observation had been troublesome at intervals for fifteen or twenty years. It was located at the back of the eyeball, or in the brows—sometimes on one side, sometimes on