

refraction should be carefully sought for and corrected and insomnia controlled. We should also take those measures which increase the calcium content of the blood. These will be discussed later in connection with the next class of headache, namely, that associated with so-called lymphorrhagia. This term has been applied to that blood state where the lymph escapes too readily into surrounding tissues, thus flooding the lymph channels with fluid. Water-logging of the tissues ensues and with this a number of symptoms and signs.

Briefly these are:

1st. The appearance of anæmia without anæmia in any sense.

2nd. Shortness of breath.

3rd. Discomfort immediately after food.

4th. Constipation.

5th. Hæmatogenous albuminuria at times.

6th. Dysmenorrhœa at times.

7th. Oedema, chilblains, pruritus and urticaria.

8th. Headaches of a definite type.

9th. A lowered coagulability of the blood with a deficiency of the salts of lime.

The headache is peculiar in its symptomatology as follows:

1. It is always worse in the morning, tending to lessen in intensity as the day wears on until by the evening it has quite disappeared. Then the patient feels exceedingly well and the mental processes are active. A heavy sleep follows, succeeded by lethargy, physical and mental; headache and anorexia on waking. Such a patient always finds it difficult to get the machine going for his day's work.

2. A peculiar perversion of appetite is characterized, namely: An abnormal desire, commonly gratified, for very acid things—such as grape-fruit, oranges, vinegar, table salt, etc.

Sweets are distasteful.

TREATMENT.

Dietetic.—Forbid all substances which lower the coagulability of the blood, such as:

Fruits (cooked or raw).

Tomatoes.

Rhubarb.