

only palliative, and if continued for any length of time is harmful and never restorative, in a primary sense. Our main aim should be to tone up the system, and not to paralyze it, locally or generally.

I might append hundreds of formulæ which are recommended and classified according to the various kinds of neuralgias and headaches, but forbear, as you know how many of them disappoint us in practice. At the same time, it is well to keep in our minds the various conditions in each class, such as the neurasthenic, neuralgic, organic, toxic, anæmic, or congestive, when we apply our therapeutic knowledge.

My experience has gradually reduced the various radical remedies to few, and these are such as cod liver oil, the phosphides, nux vomica, quinine, arsenic, phosphoric acid, and the milder forms of the bromides and iron in its citrate or albuminate form.

I have not touched upon the use of electricity, in one or other of its forms, for the cure or amelioration of the various headaches. Learned treatises have been written in laudation of its benefits. The special kinds of currents and the direction of each are indicated, as well as the points of contact, especially along the course of the fifth or seventh pairs of nerves and their ramifications. There is no doubt that in hysterical cases the formidable apparatus and its scientific name, with the local sensation, have a beneficial influence on such neurotic persons as a sort of mental therapeutics, just as a thermometer under the tongue is said to have had in an historic case. There is a great deal in a name, as we all know how eagerly such nostrums as electric oil and magnetic ointment were sought for, as they were supposed to contain electricity bottled up. So batteries as cure-alls have become one of the drawing cards in modern charlatanism. The fact is, that animal magnetism and electrical action, either in faradization or in static electricity, are factors of activity whose influence upon the molecular life of nerve structure is unknown from a therapeutic standpoint; hence the uncertainty of its effect upon local pain. Electrotherapy may yet be applied with benefit when advanced knowledge of its operations can enable us to use it with discretion. So far its use is empirical, and its effects upon pathological conditions, such as are found to exist in the ganglionic nerve centres, are as apt to injure as to cure.

The records of its advocates show this; hence a word of caution as to its use in headaches, whose exciting causes may not be in the periphery, but in distant and central parts.

It is never to be forgotten that a large number of those afflicted with headache are afflicted with constipation as well as indigestion. The alimentary tract lacks tone and discharges its duty sluggishly, especially the colon, in its ascending and transverse sections. The urine shows often a decrease of urea, and also, as functional results, we find in it sugar, albu-