

## HEADACHE, ETC.

Another very ordinary series of conditions may be classed together with constipation, cold feet and hands, and headache.

In order to maintain health it is well established that the bowels should be relieved once a day, and more is not usually necessary or desirable. This is commonly effected by the unassisted order of nature, but may be aided or retarded by habit and food. It is well to visit the closet at a fixed hour daily, and common experience shows that the hour after breakfast is the best. This habit should be regarded as one of the most important duties of life in relation to health, and nothing should be allowed to interfere with it. Food has also an influence; since green vegetables, and particularly those having acid juices, increase the tendency, whilst much bread has the contrary effect. Fats assist when they are eaten largely, and an unusual quantity and variety of food has the same influence. Spirits and alcoholic liquors have the contrary tendency.

It is desirable to distinguish between foods which aid naturally and those which act by causing irritation, since the latter may cause waste of food and set up disorder or disease. Thus brown bread causes relaxed bowels by the bran inducing irritation, and thereby nutrition is rather hindered than aided. Acid fruits and sour milk in summer act as medicines rather than as foods, and may produce too much action, and when they are indigestible, as pieces of raw fruit, may bring on serious diarrhœa. Whatever acts by causing irritation should be regarded as a medicine.

When there is a tendency to constipation due consideration should be given to the character of the food as well as to the