

a natural manner in the open air, than any sedate constitutional or indoor employment of dumbbells, Indian clubs, and their allies.

The facts in the case illustrate very plainly some of the points I wish to refer to, and closely reproduce the salient features of various other cases which have come under my observation. No clear relationship between the occurrence of the attacks and any definite exciting factor could be traced; but every fortnight or thereabout, his indoor life and the mental strain imposed on him in the teaching of children, lend to accumulation of effete metabolic products in his blood and tissues, probably also to increased irritability of his cerebral centers, until what time the nervous mechanism, stimulated no doubt at first, and so causing the precedent feeling of well-being and vigor, became over-stimulated and was forced to find a vent for its unhealthy generated surplus energy along the lines of least resistance.

The following case belongs to another category. The history, briefly put, runs thus: A lady, twenty-five years of age, unmarried, well dowered with means and living an idle, empty life, had, since the establishment of her menstrual functions, suffered from severe sick headache every month in connection with her periods. Between times her health was as good as too little to do, sluggish bowels, and too rich foods, would permit. Of a neurotic stock, the continued appearances of these attacks from the two causes, inefficient use of over-rich foods and of the products of wear and tear of her tissues, along with monthly recurrence of a sufficiently disturbing factor to reflexly initiate an overflow of misdirected nerve energy, her case was more serious. But here again, sharp muscular exercise out-of-doors up to but not beyond the limit of honest fatigue served to raise the tone of her nervous system above the level, at which they responded too energetically to the monthly stimuli, while they also lacked an over-store of abnormal potential energy.

*Treatment.*—No active measures designed to relieve the actual paroxysms are of any avail in warding off future attacks. But given a paroxysm to treat, how best can this be done? By absolute rest and quiet, by allowing no food (if food be desired, as is seldom the case) but a little milk, or tea and toast; by giving a dose of caffeine (the citrate is not so good), dissolved in strong black coffee, and ordering a purgative enema. In the early stages aperients by the mouth are seldom indicated, for when taken they rarely pass through the stomach, more often returning by the way they are introduced. The peristalsis of the stomach is in abeyance unless it be to excess in the wrong direction. Various drugs