

Cool water dressing applied to the chest has its advocates, and, although I believe that the poultices give most relief to the majority of infants, it does not seem improbable that robust infants over the age of twenty months with high temperature may sometimes obtain relief from its use. Prof. Henoch writes: "I strongly advise hydro-pathic applications to the chest from the neck to the umbilicus. A napkin or diaper is dipped in water at the temperature of the room, well wrung out, and then placed around the chest, without exercising any compression, so that the arms are free. This is surrounded by a roll of batting, and then covered by a layer of oil-silk or gutta-percha paper." If the temperature be high, this application should be renewed every half hour, and it may be continued several days. If it be renewed at long intervals, its effect is obviously like that of a poultice.

If the patient begins to convalesce, the application to the chest, whether water or the poultice, can soon be omitted, and bathing covered with oil-silk be substituted for it. Finally, the position of the infant, when there is marked dyspnoea, indicating extension downward of the inflammation, should be frequently changed, since a change in position tends to prevent pulmonary congestion, and aid the expectoration. If the infant be placed over the shoulder or upon the lap of nurse with face downward, its expectoration is often facilitated. Moisture in the room, as that produced by boiling water, also aids the expectoration, probably by rendering the muco-pus thinner and less viscid. When bronchitis occurs in a constitutional disease, as measles or pertussis, as an element of it, it continues as long as that disease lasts, but it can be made milder or less annoying to the patient by remedies such as those mentioned above.

HEADACHE.*

By DR. W. R. CHITTICK.

The study of headache is as interesting as it is difficult. It is a complication that we meet with in the majority of cases, and in many of them it is the most prominent symptom complained of.

The study of this trouble by itself has been neglected, I think, more than any other prominent disorder. If we turn to the text-books for information on the subject we find much less than we wish we could, and when we have done with our search we can sum it all up in a very small space. This may be owing to the little importance which some authors regard the subject, or it may be due to a want of a clear understanding of so really difficult a matter.

Headache is usually a sympathetic disorder. But there are cases where it is a prominent symptom of organic disease.

The main cause of headache is a disordered cir-

ulation, or, we might say, a disturbance of the vaso-motor system. Another cause is the presence of some toxic substance in the blood. These with that condition called "nervous" will in a rough way, cover the ground of causes of headache.

But they may be still further divided, and for the sake of convenience I will so consider them.

Congestive Headache is one frequently met with. It is caused by an excessive amount of blood in the head. It is known by a flushed appearance of the face, congested eyeballs, a full, bounding pulse. The pain is throbbing in character, is made worse by stooping or moving the head quickly. There is distension of the arteries going to the head, or there may be a diminution in the calibre of the veins which prevents a return flow of blood through them. This may be due, and I think it is, to some irritation of the nervous centres. A vitiated atmosphere, by reducing the amount of oxygen, and causing a retention of waste product in the blood is often the cause of it. This will sometimes account for those headaches which patients have on awaking in the morning.

Fresh air, cloths rung out of hot water, caffeine, bromide of potassium, ergot, digitalis, aconite and other arterial sedatives, are the remedies most useful in this form of headache.

Anæmic headache.—This form of headache is due to a lessened amount of blood circulating through the cerebral arteries. It is usually caused by spasms of the arteries, and may be removed by the horizontal position and such remedies, as will relieve the spasmodic action of the blood vessels. Nitrate of amyl, nitroglycerine, cocaine, codeine, and belladonna, are among those that are the most useful.

Headache due to general anæmia should not be confounded with those due simply to passive anæmia of the brain only. In this disorder there is an impoverished condition of the blood. Persons laboring under this condition of things will often try to do more work than they are capable of, and, therefore, force an illy-nourished and nervous system beyond its capacity.

Anæmic blood is like watered milk—is decreased in nourishing qualities; therefore it is easy to see how an organ like the brain, with its numerous nerves, will suffer when compelled to work on poor food.

Anæmic headache usually effects that part of the head that is nearest the arteries that supply the brain, namely the temples, brow, occipital region, etc.

Iron is of course indicated where there is anæmia. The preparations that I like best are Bland's pills, made freshly; liquor ferri nitratis, perchloride and persulphate of iron, and last, but not least, Rabuteau's pills.

Headache caused by cerebral exhaustion is probably the most difficult to treat. Cerebral exhaustion is caused by over-work of the brain. This is peculiarly an American difficulty. Men and women will work, worry and wear themselves away in spite

* Read before the Detroit Academy of Medicine.