

and from that day the life history of many such individuals is downward to insanity, or to a premature grave. No medical man should administer any such seductive drug except in a masked form, and, above all, should possess a discreet tongue as to the remedies used. Operate on the patient through faith, as well as by works. My experience of dozens of such cases has been sad, and nearly every one of them came to the knowledge and use of such drugs through the well-meant but ill-advised disclosures of the doctor. I give this note of warning in passing.

We know how prevalent is what was formerly called "bilious or congestive headache." The severe frontal pain, as if a band of iron were grasping the brow; the distressing nausea, and often vomiting; the appearance of waviness in the atmosphere, from affected vision; the *musæ volitantes*; the dry skin in some and the profuse perspiration in others are ever present. It is most frequent in those of a nervo-bilious temperament. It comes at irregular times, and with little warning, especially to the Epicurean who overtaxes the digestive processes.

The many are often relieved immediately by drinking a strong cup of tea or coffee, or by a dose or two of bromo-caffeine or cocaine. In others it will run its course in spite of all remedies in twenty-four hours, and is followed by drowsiness and sleep. At the climacteric of life in man or woman this form of headache usually leaves, never to return. That is one of the advantages of advancing years.

There is another form which is often seen among the anæmic and dyspeptic. It involves the whole head, but is more intense at both temples. I have noticed that chlorotic females are often subject to it at menstrual periods. The barometric condition affects it very much, and I have observed a number of cases that were almost sure to be attacked when the barometer ran low and the wind was in the east, as the harbinger of an east storm. In such cases little can be done beyond general building up. So distressing is such a condition that I have given for temporary relief sulphonal, phenacetine, or chloralamide, especially the latter. They act as excellent anodynes, and produce less depressing results than do opium or its salts, hydrate-chloral, hyoscyamine, Indian hemp, belladonna, and such like. At best they are only palliative, but are resorted to in order to comfortably tide over an attack.

My object, however, is not, as I have said, to give an essay on headache, but rather to point out the necessity of strict enquiry and examination into the primary and proximate causes which operate in each case. Any treatment based on mere superficial knowledge and on the simple fact of headache merely would be empirical and unsatisfactory. It is necessary to emphasize the fact stated, that any medicine which merely allays pain by lowering the vital power of sensation cannot be curative, but