

HEADACHE is rarely a disease of itself. Far more frequently it is a symptom of some other ailment such as constipation, anæmia, indigestion, or toxæmia. It varies in intensity from mere discomfort to maddening pain. It may be transient or it may last a lifetime. Headache may attack only a small part, e.g., the temples, forehead, the eyes, one side of the head, or it may take possession of the whole head. There is probably no pain which occurs so frequently as headache. It is the unwelcome companion of a great many diseases, including most fevers and acute disorders.

Causes of Headaches

ONE authority lists no fewer than fifty-one different causes of headache! How absurd, then, is the popular practice of relying on one medicine or drug, to cure (?) headache. But these causes may be reduced to the following main categories: Faulty diet, causing a toxic condition of the blood; bad or stale air; smoking, drinking; overwork and worry; too much sleep; lack of sleep; eyestrain; suppressed menstruation or suppressed hæmorrhage; deposits of morbid matter in the head (from fevers, etc.); sunstroke; strong emotions (anger, sorrow, etc.); and various primary disorders (of which headache is but one symptom) such as constipation, indigestion, anæmia, rheumatism, toxæmia, gastritis, hysteria, plethora, sluggish liver, etc.

Farewell to Headaches!

Folly of Palliatives

FORTUNES have been made out of so-called headache "cures." And though the victims of these quackish remedies know perfectly well that the dope only relieves them for the time being, they still go on using the wretched stuff, instead of seeking out the first cause and removing *that*. Let me warn the headache sufferer most emphatically that these various headache powders and tablets are disastrously harmful. In relieving the pain they cause other disturbances of the system far more serious in their consequences. Of aspirin, that popular palliative for head pains, a leading English medical authority says, "It would have been infinitely better for the race if aspirin had never been invented. Its indiscriminate use injures the heart and the stomach." The same is equally true of phenacetin, antipyrin, and exalgin. The deadly after-effects of bromides on the brain ought to be far better known. Menthol, and evaporating lotions, may give the sufferer slight relief from pain, but is it worth while when they do but cause other troubles, and certainly never by any chance cure headache permanently? The popularity of these dope-drugs is

eloquent testimony to the inherent laziness of human nature in matters pertaining to health. Unceasing effort is put forth to acquire more money. But for health (more precious than fine gold) we will give no more effort or thought than is required to swallow a few tablets.

Nature Cure for Headache


THE Nature Cure Practitioner first of all seeks the primary cause of the headache. If there is gastric trouble, or rheumatism, or constipation, or anæmia, or plethoric congestion, it is obvious that these troubles must first be set right before the headache can be cured. The treatment for anæmic headache must, of course, be quite different from the treatment for the congestive type. The treatment for the rheumatic kind of headache is again quite different from that for gastric headache. A permanent cure depends entirely upon removing the primary ailment which is responsible for the headache. The anæmic headache is usually somewhat relieved by lying down. Here the best cure would be to live as directed in my recent article on Anæmia. There could also be local treatment of the head by cool or cold water head baths of five to fifteen min-

utes' duration. After drying, rub and press the scalp with the fingers the palm of hand. The congestive headache, common in people of the full-blooded type, is usually marked by throbbing pain and flushing of the face. The hot mustard bath, or cold leg packs, to draw the blood away from the head, should be persevered with. A strictly abstemious diet is very important. Alcohol, tobacco, tea, coffee, white sugar, meat extracts and gravies, and red meats should be avoided. Two meals per day, with an occasional fast for 24 hours, is an extremely good plan for the plethoric type of headache sufferer. This is certainly a good deal harder than swallowing a headache powder, but if you want real cure, you must work for it, you lobster!

Nervous Headache

"**O**H! my headache is due to nerves, you know." Is it? Then why on earth narcotise your nerves so that they no longer give you a friendly warning that something is wrong in your upper storey? Give your nerves a chance. Stop poisoning and irritating and weakening them with daily doses of théine, caffeine, tannin, aspirin, phenacetin, antikamnia, nicotine and the like. Strengthen your nerves with fresh, pure air, sensible exercise, adequate rest and relaxation, cheerful thought, cold water inside and out, and last but by no means least, pure food and drink. Sometimes, of course, nervous headache

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