

# HOW TO TREAT HEADACHE.

Simple Suggestions on the Cause and Cure of This Common Trouble.

One of the most sensible and useful articles extant upon headaches is given to the public by the eminent physician, Dr. J. G. Stair, and published in Health Culture. He takes up the common form of headache and considers first the causes.

"The common headache of every day life is the one we desire to call attention to. We think we are safe in saying that all simple acute headaches are caused by indigestion which is produced by the use of inferior food or an inability to use good food. Also almost all chronic headaches are caused by dyspepsia, constipation and disorders of the liver and these troubles are very closely related. Constipation is always associated with dyspepsia. The liver, the greatest depurating organ of the body—is obstructed and diseased in cases of dyspepsia. So it ought to be understood by all who wish to be informed on the subject that the stomach, bowels and liver belong to the digestive system and that one cannot be diseased without more or less involving the others. These are the blood making organs. About one-sixth of the blood of the body circulates in the head, and when this blood is loaded with impurities and improperly elaborated then the brain and its structures are irritated and painful. This is called headache. The depurating organs, the bowels, liver, skin, kidneys and lungs have failed to carry out the waste of the system from some cause. There has been too little exercise, sitting or working in ill ventilated rooms, too little or poor quality of food or partaking of too much wholesome food—over eating. Over excitement in business or sad or depressing news are among the common causes of disturbance in the system that results in headache."

The writer discards drugs and advertised cures and prescribes the following home regime:

"The rational plan of treatment for simple headache consist of first in the use of the warm enema or bowel bath. This should be thorough and be in fact a continued irrigation of the bowels, completely unloading the entire large bowel to the ilio-cæcal valve. Then cool tepid applications of water to the head. The temperature may be regulated to suit the feelings of the patient. In some cases hot fomentations to the head is a proper treatment. We have seen cases in which these hot applications gave relief and were soothing to the patient when cold would not be. In some cases the pouring of cold water over the head for a few minutes at a time is excellent treatment. In weak, run down poorly nourished patients the hot application will apply. In the strong, vigorous persons cold applications are appropriate. A good warm sitz and foot bath are always good treatment in bad cases always keep the head cool with tepid or cold water while giving these baths. There should be fasting followed by restricted diet for a few days consisting of light gruels and fruit juices. This gives the system an opportunity to purify itself and a rest to the digestive apparatus. The plan of treatment will give permanent relief without any bad effects, which is not always the case in taking medicine."

In this ailment more than in less universal and more serious afflictions, the most important fact is prevention rather than cure. On this point the following suggestions are offered:

"In most instances the diet is at fault. Headache sufferers are often excessive coffee and tea drinkers, which causes constipation and indigestion. By the mild and gentle stimulation the nervous forces of the system become exhausted also. Food has been placed in jars with a solution of opium with and without an infusion of coffee and tea and invariably in those jars without these articles the digestion of the food was from 25 to 30 per cent more rapid than in those with them."

"Another very prolific cause of this malady is the use of concentrated foods. Among these are superfine white flour bread and refined cereal articles of every kind. These should be avoided and whole meal bread and cereal preparations used in their stead. Fruits both raw and cooked should be a liberal part of the diet. Jellies, marmalades and fruit butters should be rejected. Dr. Beaumont says 'Bulk is as necessary a part of the food as are the nutritive elements.'

"An excessive use of flesh foods no doubt is a cause of this disorder. The excretory organs are overtaxed by the use of flesh foods because the system must not only carry out its own impurities, but in addition, must excrete the impurities of another animal which is always present in flesh meat. Those suffering with headaches should use flesh foods very sparingly, if at all, and should select the very best kinds. Beef and mutton and wild meats are no doubt the better class of these foods."

"A liberal use of the grains, pulses and fruits should constitute the much larger portion of the diet. Plain nourishing food without drugs and impurities of any kind is all important to purify the system and to fortify it against being subject to headaches and attendant disorders. Well ventilated sleeping rooms are essential to health. A close bedroom is a cause of headache. Every room in the house should be well ventilated and kept pure with fresh air."

Declines to Be Interviewed.

Rudyard Kipling has gone to his home in Brattleboro, Vt., refusing to be interviewed on any subject. Mr. Kipling has been consistent in declining the advertising that he might receive if he would and in this particular he has differed from other well-known English writers who have come to this country for one reason or another.

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## NOT FOR NERVOUS FOLK.

Three Thrilling Ghost Stories Which Are Said to be Strictly True.

According to the Cincinnati Commercial Gazette the following incidents are strictly true. The first is told by a lady of Walnut Hills, in that city:

"On the 30th of November, three years ago, I was expecting company to dinner. Mr. B. was at his office downtown, and as it was nearly time for dinner, and most of the guests having arrived, I wondered at his absence."

"Leaving my guests in the drawing room for a few seconds, I ran up to my room to put a few finishing touches to my toilet, when who should I see as I entered the room but my husband. He was standing with his back to the fire and facing the door through which I entered. I was rather surprised at seeing him there, as I hadn't heard of his arrival, and did not know he was in the house. As he did not move or pay any attention to me as I crossed the room, I sat down near the fire, about two feet away, and waited his pleasure to break silence. I sat thus for about five minutes, and then, wondering what could be absorbing his attention so long, I looked up and asked him why he was so late, and told him he had better hurry and change his clothes and get ready for dinner. He gazed steadily at me but did not speak."

"What's the matter with you?" I finally exclaimed, a trifle pettishly; "why don't you speak?"

"Without a word he immediately moved toward the window at the further end of the room. I took no notice of this, but was suddenly struck with the circumstances of hearing no step or sound—and I turned to look after him, when to my astonishment the room was, save the presence of myself, completely vacant."

"A quarter of an hour later, after I had made diligent search for him, and had questioned the servants, none of whom had seen him, a message came that he had fallen dead at his office with heart disease, from which he was a sufferer, that afternoon at exactly the time I supposed he was standing by the fire in my boudoir."

Here is a well authenticated story of a lady who, until her death resided in St. Louis:

Having married a second time she was visited in the night by the spirit of her deceased husband, from whom she received an upbraiding for having married again, and also a reiteration of the appointed period of her own death. She was greatly terrified at first, but regained her courage and boldly asked:

"How shall I know tomorrow morning that this is not all a dream, that I am indeed visited by a spirit?"

"Let this be a token for thee for life," returned the specter, and he grasped her by the arm just below the elbow. She screamed and awakened her husband, who was sleeping in an adjoining room. He hastened in to ascertain the trouble, and as he did so the phantom, clearly seen by him as well as his wife, receded to an open window, and, with a demoniac laugh, disappeared.

In the morning a dark mark, as of a fresh burn, was seen on the lady's wrist, which she kept covered until her death. She died at the time foretold by the specter. Two young noblemen, the Marquis De Rambouli and De Percy, belonging to two of the first families of France, made an agreement in the warmth of their friendship that the one who died first should return to the other with tidings of the future world.

Soon afterward De Rambouli went to the war in France, while De Percy remained in Paris. De Percy retired to bed one night about midnight, and as he lay, with eyes wide open, thinking over some event of the day, he suddenly saw his chamber become illumined with a peculiar bluish light. He raised himself on his elbow and looked around him. There, standing just beyond the foot of his bed, was his friend, Rambouli, dressed in full military attire.

De Percy sprang from his bed to welcome his friend without stopping to think how or when he had gained admittance. But as he advanced towards him the other receded and said that he had come to fulfil his promise, having just died that afternoon in battle. He further said that it behooved De Percy to think more of the after world, as all that was said of it was true, and as he himself would die in his first battle.

The phantom that glided toward the door and disappeared, and it afterward transpired that all it had said was true. Rambouli had fallen on the day specified, and when De Percy went to the wars, some three months later, he died in his first engagement.

## The Woman Vote.

A pretty gown will always be more vital to a woman than a vote. Priestley's dress fabrics, by their glow, their intrinsic refinement, and distinction, confer a most obvious character upon the wearer. The famous Henriettes are likely to be superseded by the new "Endora" a fabric which has suddenly become all the rage. There is extra weight which is equally adapted to the long folds of the plain skirts or the drapery which we may soon expect. And then there is an exquisite glow, and a matchless wearing quality. Wrapped on "The Varnished Board" and the name Priestley's stamped on every five yards.

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## WHEN PEOPLE ARE WEDDED.

Curious Marriage Customs in Vogue in Some Parts of England.

At Bedford, in Northumberland, it has long been usual, to make the bridal pair leap over a stone, known as the "leaping" or "petting stone," placed outside the church porch, on which spot, it is said, the bride must leave all her pets and humours behind her when the crosses it.

Another ordeal of a similar nature is associated with Jarroo Church, where is preserved the chair of the Venerable Bede, on which all brides are enthroned as soon as the marriage service is over. The idea is that this act will make them the joyful mother of children.

There are a good many chairs of this kind. Whoever, for instance, sits in St. Michael's Chair, Cornwall, first after marriage, will obtain mastery in domestic matters; but in years past brides were specially warned against sitting down on the left seat at the entrance to Yarmouth Church, popularly known as the "Devil's S-at," as it was supposed to render anyone who sat upon it ever afterwards liable to misfortune.

Breaking bread over the bride's head is regarded an important custom in the northern counties, an old practice alluded to by Herrick: "While some repeat your praise, and bless you, sprinkling you with wheat." In past years an important custom was the ritual kiss, in which the officiating priest often joined.

At Cranbrook, in Kent, as well as in other places, it was the custom to strew the bride's pathway, not with flowers, but with emblems of the bride-groom's trade; thus a carpenter walked on shavings, a shoemaker on leather parings, and a blacksmith on pieces of old iron.

## Houses turned Into Gold.

Among the greatest mines of Arizona was the Vulture. It is fifteen miles south-west of Wickenburg, whence the ores were taken by wagons to be milled on the bank of the historic Hassayampa. The mine produced over \$10,000,000 in gold, and the richest of the ore was found on the surface. Of course, in the early days nothing save the best was milled, and in the great waste dumps around the mine was found the building material for the town of Vulture.

The mines worked on for a score of years with varying fortune, the town maintaining a large population, when the pipe line from the Hassayampa was washed away by the flood that followed the breaking of the Walnut grove dam, the 100-stamp mill was closed down, and the camp was deserted.

Three years ago T. E. Farish the well-known miner, secured a two years' lease of the property, fitted up ten of the stamps, put in a gasoline engine, got his water out of the mine, and started to "cayoting" on the lower levels. Near the end of his lease he ran out of really good ore. In this extremity he bethought himself of the stores of tenantless houses. Every one was constructed of free milling iron oxide gold ore and specimens chipped from the corners assayed an average of \$20 to the ton. The last three months his stamp mill ran solely upon building material, much to the profit of its owner.

## Why the Train was Late.

An impatient traveller in the South was questioning the agent at a small station. "What time do you think the train will be along?" he asked, with ill-natured emphasis.

"Well," answered the official, "it's party hard to tell. Sence Bill's tree was cut down he finds a heap of trouble making just the right time."

"Bill's tree?"

Yes, Bill. He's the conductor, you know. The tree I was speakin' of stood alongside the track about thirty mile up the road here, an' when the train come along and the shadder of the tree lit across the middle of the top rail of Buck Johnson's fence, Bill knowed he was o'time, and could gage her to git here 'bout on the schedule. Now they've cut it down, and all Bill has to go by is his guess. The company was talkin' some of puttin' a pole where the tree used to be, but they hadn't done it yet."—Cincinnati Tribune.

## The Bo'sun Explains.

A little time ago on one of the Cunard boats, one of the crew (while the passengers were at dinner) picked up a menu, and seeing on the top, "Table d'hôte," inquired of one of his mates the me ning of it.

"What does this 'ere mean, Joe?"

Joe, taking the menu, gazed on it with a puzzled air, scratched his head and said:—"I can't make nothing of it. Let's go to old Collin; he's a scholar, and sure to know."

On giving the menu to the boatswain, he thoughtfully stroked his chin and said:—"Well, look 'ere, mates; it's like this 'ere. Them swells down in the saloon have some soup, a bit of fish, a bit of this and a bit of that, and a bit of summat else, and calls it 'table dottie.' We have 'table dottie,' only we mixes it all together and calls it Irish stew."

## Got Mixed on the Tip.

One day recently in a Dundee school the teacher was examining the class in history and asked one of the boys, "How did Charles I. die?"

The boy paused for a moment, and one of the other lads, by way of prompting him, put his arm up to his collar to signify decapitation.

Boy No. 1 at once grasped as he thought, his friends meaning and exclaimed, to the great amusement of the class, "Please, sit, he died of cholera."—London Journal.

## What Started the Style.

Scarlet neckties are worn by all porters and brakemen employed on the Great Northern Railway, because some years ago a collision was happily averted by a G. N. R. porter, who, with commendable presence of mind, improvised a danger signal by covering a white light with the scarlet necktie which he was wearing at the time. Ever since that event the directors of the company have provided their servants with scarlet neckcloths, and this has been followed by other companies.—Tit Bits.



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