

HEADACHES

THE CAUSES of headaches are so many that the very idea of a headache "cure" by means of drugs is foolish. A headache may be caused by many reasons, some of little importance, others important.

Bad ventilation and eating too much may cause the head to ache. Continuous use of the eyes in bad light, in connection with some kind of eye defect, may cause headaches. Infections in the nasal sinuses are frequent causes of aching in the head. A badly placed wisdom tooth may cause the head to ache. High blood pressure may do the same.

Acute infections with fever resulting from such dangerous diseases as smallpox, influenza, or spinal meningitis, or trifling diseases as colds, *et cetera*, all may begin with aching in the head. There are many other diseases which cause a headache. The list could go on almost indefinitely.

It is foolish to think that any tablet, powder, or so-called headache cure on sale in most of the drug-stores everywhere can do anything more than give temporary relief. Unless the cause is found and removed, headaches come again and again. If certain drugs are taken to secure relief from headache, the drug itself may do harm, either to the nervous system, the blood, or the heart.

Headache preparations are advertised under various names. Any person can buy tablets of any popular pain-killing drug from anyone who sells them as a headache "relief" preparation.

The drug may be aspirin which is inoffensive to most persons. It may, however, be irritating to the stomach and the kidneys, and depressing to the nervous system.

Phenacetin or acetanilid may be used in the headache remedy. These drugs are definitely depressing to the heart, and may do harm to the red-blood cells.

Or the headache remedy may be aminopyrine, which is still more likely to do harm to the blood cells.

Whatever the drug, it should not be used except when prescribed by a doctor, if it is powerful enough to produce results.

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Headaches which come back frequently should be investigated by a doctor. This is much more sensible than taking powerful drugs for temporary relief from pain. The doctor will probably be able to remove the cause of the headache. This will afford permanent relief.—Condensed from "Good Health."