

Disclaimer: This information on Macfadden's treatment for headache is provided solely for educational purposes only. It is not intended that this information be used to treat any physical condition. This treatment is quoted directly from Macfadden's Encyclopedia of Health which is not considered a reliable source for medical advice.

HEADACHE.-Headache is purely a symptom and cannot be considered as a disease in itself, though often regarded as such. In many cases it may directly be caused by some derangement of vision.

Headache is not usually considered as a serious matter, though in many instances it is the cause of more acute and prolonged suffering than other complaints that are dangerous to life.

Headache usually indicates defective digestion or assimilation. You need never have a headache if your alimentary canal is in proper working order and the mind is free from grief or worry.

In many instances severe constipation is associated with headaches. But whatever may be the nature of the functional disturbances that are the cause of this agonizing disorder, you can depend that it has something to do with digestion, assimilation or excretion.

Of course, there are innumerable varieties of headaches.

Sometimes the pain or severe feeling of discomfort will appear in one part of the head and sometimes in another. Sometimes there is a throbbing pain that is keen and sharp for instance, and at other times it is a monotonous, dull, continuous feeling of discomfort. All of these various forms of headache, however, can be classified as anemic and congestive. In other words, an anemic headache would be induced largely by the want of proper nourishment in the blood. Those who are ordinarily termed thin-blooded frequently have headaches of this kind. A congestive headache is the usual form assumed when the reverse conditions are operative, meaning an excessive supply of blood, congestion, of course, taking place in the brain.

Migraine is a violent, paroxysmal headache usually affecting only one side of the head, and in the great majority of cases is associated with eye strain, dyspepsia or other disorders.

The general cause for chronic headache can in practically every instance be traced to improper habits of life, and you might say as long as such causes continue one must expect to suffer from the symptoms of this unpleasant disease. When the headaches do not appear at frequent intervals and are unusual, they can usually be traced to some extraordinary diversion from one's habits of life, dietetically or otherwise.

Excessive worry and overwork will frequently bring on a nervous headache, but even in such cases the ailment is made possible only because of an abnormal condition of the functional system. Anemic headaches are due to any debilitating influences that tend to poison or impoverish the blood. Such, in the case of women, include the corset.

Treatment. As to treatment, one must first of all try as nearly as possible to ascertain its cause. Then, of course, if you are a chronic sufferer, it is your first duty to try and avoid the excesses or devitalizing habits that have helped to bring about the complaint. As

previously said, headaches usually accompany or indicate some other disease, and it will, of course, be necessary to take into consideration the treatment essential to remedy this primary ailment, as a means of curing the headache.

In acute attacks of headache, when immediate relief is sought, there is frequently evidence of the presence of biliousness, or symptoms of this nature, and under such circumstances it is well to cleanse the stomach at the earliest possible moment. This can be accomplished best by drinking a large quantity of hot water—from one to two quarts, as fast as possible. The water should be as hot as is possible for one to take it and be able to drink it down without sipping. If this hot water should cause an attack of vomiting, so much the better. After the stomach has once been cleansed then continue the hot water drinking until the stomach is able to retain three or four glasses. As this begins to be absorbed throughout the system, it will help materially to cleanse the blood of the impurities that are the usual cause of the headache. By thus flushing the system poisons lingering in the circulation will be eliminated. Of course when these unpleasant symptoms of the stomach are associated with constipation, it would be advisable, first of all, to take the colon flushing treatment, and then begin the hot water drinking.

If it is quite clear that the headache is caused by intestinal or stomach difficulties, from the symptoms that are manifested, a girdle pack can be used to advantage. If there is some fever present this girdle pack can be taken cold; if there is no fever, then it should be as hot as can be borne.

Should immediate relief not be secured, then if the patient can lie quietly and be induced to sleep for several hours, as a rule the pain will disappear during sleep. Physcultopathic Treatments A and B may be advised. Hot spinal packs can also be used in some instances. Where the head is hot and congested, cool but not iced applications will often relieve. Cold wet sheet packs are also of benefit in some cases. However, care should be used to avoid too much treatment; not over two or three water treatments each day should be allowed.

Remember, however, that almost any method that can be adopted by the patient with a view of arousing the activity of the purifying organs, will be inclined to cure the headache. For instance, if one is strong enough to take a long walk, with deep breathing exercises, or, if especially vigorous, a long run, you can rest assured that the headache will soon disappear as the result of such violent remedies.

Food of all kinds must be avoided absolutely when suffering from acute headache. The only exceptions I would make would be where there is a craving for acid fruits. These might be used in limited quantities. Oranges, apples, peaches, pears, or any fruits of this character can be indulged in moderately.

Where these headaches are periodical in nature, to remedy one acute attack will be of but temporary benefit. General constitutional methods must be adopted. Usually as the vitality is gradually increased the periods free from attack will be lengthened and the severity of the symptoms will be considerably abated. For this vitality-building process I would advise Fasting Regimen No. 2 from two to five days, to be followed by Breaking-Fast Regimen No. 16. If the patient is inclined to be under weight the milk diet would be especially indicated; but if the weight is normal then a general diet could be adhered to.

Of almost equal, if not of greater, importance than diet is the observance of the daily practice of exercise, essential in building muscular and vital vigor. Select a vitality-building regimen adapted to the needs and strength of the patient and have him follow it each day with persistent regularity.

Lying on the stomach, a hot towel may be applied to the patient's back. From this position, the patient should try to raise the head and shoulders as high as possible. This should be repeated until fatigued. This is an exercise for adding to the strength of the spine.