

centre of which is the brain, with which all nerves directly or indirectly communicate.

Headache of some kind is a marked symptom of all brain diseases. It is generally due to intra-cranial tension, caused by pressure on the brain, resulting from such things as cerebral tumour, hæmorrhage or thrombosis, or effusion of fluid into the ventricles of the brain, resulting in either case in a stretching of the dura-mater (the pia-mater, being somewhat convoluted, is not so stretched). Again, it may be due to direct or indirect inflammatory irritation of the meninges (meningitis), the vascular walls, or the nerves themselves. These forms are sometimes relieved by counter-irritation. The special nerve which carries sensation to most parts of the brain is known as the Trigemini. Treatment will of necessity vary with the nature of the disease in all cases and its cause.

Headache is often due to irregularity of the brain's circulatory system, the supply being inefficient (anæmia) or superfluous (plethora).

The former is often due to insufficient fresh air or food, or excessive menstruation; it is also sometimes met with in otherwise healthy people, when it is only temporary; or it may result from heavy or unduly prolonged sleep, the blood supply being less during sleep. It is of a heavy dull nature. Good food, fresh air and tonics are the usual remedy. When severe and persistent, transfusion is sometimes carried out, as in pernicious anæmia.

The latter (plethora) is the opposite of anæmia, and is a dull headache, accompanied by throbbing of the vessels. It is due to insufficient menstruation (often present at the menopause period), too little exercise, and sleeplessness. It may also be the result of a long fast; the blood, having no work to do in digestion, goes to the head. This kind is found to disappear after a good meal, exercise and fresh air. "Nervous headache" is probably the most common, and is often due to loud noises, excitement, fatigue and overstudy; it may also be due to atmospheric conditions, such as fogs and bad ventilation, etc., or alcoholic excess. Neuralgic headaches may be classed under the same head.

When an attack comes on, rest and quiet in a darkened room, nerve tonics, etc., often prove beneficial. Indigestion and constipation are the cause of many headaches, partly from the absorption of foul gases, which are not excreted.

Headache is also common during pregnancy and in hysteria. Such drugs as the bromides, quinine, phenacetin, etc., are often useful, but should only be taken under medical direction.

Vinegar and water to the forehead as a compress is soothing, and will often relieve frontal headache.

#### QUESTION FOR NEXT WEEK.

What symptoms would lead you to suspect venereal disease in the newly-born infant?

### NURSES' MEMORIAL TO KING EDWARD VII.

The first Meeting of the combined Committee of this Memorial was held at the offices of the Royal National Pension Fund for Nurses, at which Sir Everard Hambro, K.C.V.O., was elected Chairman and Miss Cave, the Matron of the Westminster Hospital, Deputy Chairman.

Sir Everard Hambro announced that the Nurses of the Royal National Pension Fund had sent him donations amounting to over £2,000, while the friends of the Pension Fund had, through him, contributed or promised £7,000, making in all £9,000.

Sir Everard Hambro will be glad if those Nurses who subscribed through him and who wish their subscriptions set aside for Homes in Scotland and the Midlands will communicate the fact to him by letter or postcard, addressed to 15, Buckingham Street, Strand, London, W.C., with the word "Nurses' Memorial" written in the top left-hand corner.

Queen Alexandra has expressed her satisfaction with the report.

#### THE COMMITTEE.

*Chairman and Treasurer*, Sir Everard Hambro, K.C.V.O. *Deputy Chairman*, Miss Mabel Cave. *Members*, Lady Rothschild, Mrs. Burns, Miss Cox-Davies, Miss Gill, R.R.C., Miss Haughton, Miss Heather-Bigg, Miss McIntosh, Miss Musson, Miss Swift, Lord Sandhurst, Sir John Wolfe Barry, K.C.B., Cosmo Bonsor, Esq., Percy Adams, Esq., F.R.I.B.A., Louis H. M. Dick, Esq. *Hon. Secretary*, Miss S. A. Swift, to whom all communications should be addressed.

#### MISS M. H. CAVE'S REPORT.

Subscriptions amounting to £3,323 17s. 7d. have now been received for the above Memorial, which is to take the form of a Home or Homes for Nurses who are no longer able to work.

Of this amount £1,128 2s. comes from Scotland, and is earmarked for the purpose of establishing a Home in Scotland, or, failing this, to be invested for the benefit of Nurses resident in Scotland.

The sum of £1,035 13s. 7d. has been collected in London, and the remainder comes from the collecting centres in England, Wales, the Isle of Wight and the Isle of Man. The appeal to the Colonies, Egypt and the Mediterranean stations was disappointing, only resulting in a very small amount.

In addition to the amount collected the Central Committee are pleased to be able to announce the generous gift by Sir John Wolfe Barry of a house

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