## HEADACHE.

This may be caused by <u>inflammation of the brain or its membranes</u> (see under head of Brain Fever, and Inflammation of the Brain), or it may be caused by plethora (see Plethora), or by <u>errors in diet</u>, or the use of tea, coffee, tobacco, and stimulating drinks, or by hunger, or constipation.

**Treatment.**—Remove the cause, correct the habits, and treat as directed for chronic congestion of the brain.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 295-96 by M. G. Kellogg