

FROM THE OFFICE OF THE DIRECTOR OF EDUCATION

Since so many of our patients consult us because of headache complaint I think you will be interested in seeing what the "headache specialist of Mayo Clinic had to say in a lecture to laymen in Kansas City, in November of 1948, before the Jackson County Health Forum. Excerpts from a resume of this lecture which was entitled "Migraine Headaches" appeared in the Kansas City Star, from which we reprint the following:

HEADACHE KEY IN SELF

If mankind could but learn the art of living and then practice it one result would be a great step forward in meeting the headache problem, Dr. Bayard T. Horton, headache specialist of the Mayo Clinic at Rochester, Minn., said here last night.

Describing what he termed the "Migraine personality," the specialist said that the typical migraine sufferer is "exacting, meticulous and ambitious; they usually are perfectionists who have not learned to live within the limits of their own nervous system."

Vulnerable in Relaxation

Migraine attacks usually do not occur in times of nervous strain, but usually appear after the situation or circumstances have been met and the individual begins to relax, he said.

Nervous tension causes blood vessels to contract, he explained, signifying the first stage of a migraine headache. With cessation of strain, the vascular tension is released and as blood rushes into the vessels they begin to stretch and the headache starts. Almost all headaches, he said, result from stretching the blood vessels in the head.

Some types of violent headache may be caused by an allergy, Dr. Horton said. He illustrated this type with colored motion pictures of a 23 year-old girl who was suffering from eye migraine.

Effective Period Limited

Drugs developed for treatment of headache including histamine, are effective only in the first two phases of headache, the first stage when the blood vessels are constricted and the second phase when they are stretched.

Once in the third phase, when the vessels begin to swell and nausea occurs, about all that can be done is for the patient to lie down in a darkened room, be as quiet as possible and wait for the headache to run its course, Dr. Horton said.

"It is important," Dr. Horton said, "that any treatment used be based upon the phase of the headache and that the drug used be given in the beginning of the phase."

Drugs such as histamine may prevent a headache if given at the beginning of the first phase, he said. Symptom of this phase, he said, sometimes start with a feeling of fatigue in some patients, or of well-being and unusual stimulation in others. This usually is followed by visual disturbances and possibly a feeling of dizziness.

Dr. Horton cautioned that in any treatment of migraine, the treatment of the individual as a whole is important.

“The patient should be given a complete examination including a brain wave study,” he said. “In the majority of cases, the findings of such an examination will be within normal limits.”

Thus, by relieving the patient of any fears of ailments causing the headache, the physician can get to work treating the headache itself.

I know that as syntonists you will be interested in many of the statements that were made in this lecture, for again it is shown that the integration of the mental and physical euphoria states produces the normal person with no complaint; departures from the normal, no matter what it is due to, produces conditions in which there is a departure from the state of euphoria. It is then that these people will be seeking for aid, and our knowledge of the philosophy underlying syntonics is of the greatest value.